



**Premium
Chow**

"School Lunch Specialist"

PREMIUM TALENT (Pty)Ltd

T/A PREMIUM CHOW

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Palapye

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Dear Parents

Preparing a healthy lunch box day in and day out can be a real challenge because children become bored of their school lunch, parents don't have the time to prepare healthy food, dropping off lunch at school every day is daunting and time consuming. Often most of the lunch packed is not healthy and ends up in the bin instead of their tummies. It is a frustrating daily exercise for many parents.

SOLUTION

Our goal is to get children to eat healthy food AT SCHOOL, during SCHOOL TIMES. If all children are getting good healthy food, they will all be encouraged to eat healthy with their peers through our School Meal Programme (Breakfast and Lunch). This will provide ease of mind and convenience to parents as you will now not WORRY about packing food to school anymore.

HOW WILL THE PROGRAMME WORK?

- Meals will be offered from the **19th January** 2021. Parents are encouraged to start payments before this date
- All students registered under this programme will have their breakfast and lunch delivered directly to their class everyday
- All meals are in line with the Eat well guide, therefore healthy and balanced and freshly prepared with fresh ingredients every day.
- All payments should be made at EXOTIC GYM PALAPYE at LOTSANE JUCTION MALL (Same mall as FNB and Food lovers mart)
- Kindly reference the name of child and class when being assisted at reception.

Pricing: P700 per month (Both meals)

SAMPLE FOOD

Grilled chicken drumstick, potato wedges, veges

Pasta and stir fry, salad

Rice, beef stew, veges

Pap, stir fry, veges

Burger, Fries (Friday treat), dessert

Pizza, beef ribs, chicken nuggets

Fruit, smoothies, samosas, meatballs,

Wrap, swarma

Fish and vegetables