



Ummatie

• For The Love Of Good Food •



HOW TO ORDER



As a Junior Akademie parent,
you will receive a **10% discount** on all orders placed on Umatie's website
as well as **free delivery** to the school.

Go to: www.umatie.co.za to place your online order.

Select: Door-to-door delivery to Stellenbosch. In the address details,
please add Junior Akademie, Stellenbosch, 7600.

Use the promo code: JUNIOR01 to redeem your discount.

Extra info: Please add your child's name and surname plus the class
he/she attends to ensure correct allocation of orders.





WHEN TO ORDER



You can order on a **weekly** or **two weekly** basis.
Please ensure that all orders are placed by a Wednesday at 1pm.
We will deliver the foodies to Junior Akademie on Thursday afternoon
to be collected after school.

The individual meals should be sent to school in your child's lunch box
plus snacks. Use our lunch box shopping list for snack suggestions in
order to achieve a balanced and nutritious meal plan for your little.

Ensure you mark your little one's foodies on the container. As Umatie's
containers are 100% re-usable, feel free to use it for your snacks.





LUNCH BOX SHOPPING LIST



**Choose
1x snack from each
of the following
categories**

**You can select
2-4 snacks in
total, depending
on your child's
appetite and age.**



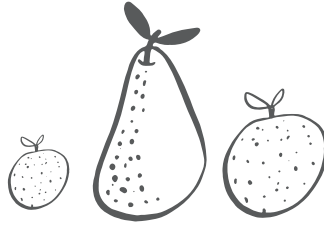
Fruitylicious

Apple
Banana
Pear
Strawberries – Fresh/Frozen
Raspberries – Fresh/Frozen
Blueberries – Fresh/Frozen
Orange Segments
Naartjie Segments
Plum
Watermelon Pieces
Melon Pieces
Pineapple Pieces
Grapes
Mango Pieces
Litchi – Peeled

Fruit Sostatie
Kiwi – Peeled
Paw-Paw Pieces
Smoothie of Mixed Fruit
(Look out for seasonal fruits)

Salad Bar

Avocado
Carrot Sticks
Cucumber Sticks/Rounds
Celery Sticks
Gherkins
Cocktail tomatoes
Button Mushrooms



LUNCH BOX SHOPPING LIST



A Little Nutty

Almonds – Raw/Roasted
Brazils – Raw/Roasted
Macadamias – Raw/Roasted
Cashews – Raw/Roasted
Pistachios – Raw/Roasted
Hazels – Raw/Roasted
Peanuts – Raw/Roasted

Tooty Fruity

Dried Fruit Roll Varieties
Raisins
Dried Apple Rings
Dried Prunes
Dried Dates

Dried Cranberries
Dried Banana Rounds
Date Balls
Small Packs of Dried Fruit
Trail Mix
Dried Mango Rolls/Pieces

Brain Food

Muffins
Flap Jacks with Honey
Rice Cakes – Plain, Yoghurt
Pretzels
Crackers
Savoury/Wholewheat Biscuits
Provita
Popcorn

Cereal Bar (Oatees, Provita)
Granola Bar
Banana Bread
Oats Biscuits

Dippers

Hummus
Tzatziki
Peanut Butter
Nut Butters
Cream Cheese
Tomato Sauce



LUNCH BOX SHOPPING LIST



Nice to Meat You

Sausages
Biltong
Droë Wors Sticks
Rolled Ham/Salami
Salami Sticks
Boiled Egg

Legend Dairy

Small Yoghurts – Plain, Fruity
Yoghurt Tubes
Mini Cheeses
Yogi Sip
Cheese Wedges
Cheese Dippers

Example Lunch Box

Snack 1:

Fresh Strawberries (Fruitylicious)
Roasted Almonds (A Little Nutty)

Lunch:

Umatie Mac Cheese (Bulky Bites)

Snack 2:

Banana Loaf (Brain Food)
Apple Rings (Tooty Fruity)