



**ANNEXTURE B
Menu week 1 to 4
Age 0 to 5**

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7H00-8H00	Instant Porridge	MIELIEPAP	CEREAL	OATS	EGG TOAST
9H00	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	BAKERDAY
11H45	CHICKEN/VEG/RICE	PASTA & MINCE	FISH/CHIPS	BEEF STEW & RICE	MAKE OWN HOTDOGS AND A YOGHURT
14H15	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK
16H00	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7H00-8H00	Instant Porridge	MIELIEPAP	CEREAL	OATS	EGG & TOAST
9H00	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	BAKERDAY
11H45	CHICKEN ALA KING	OUPA BULL'S SPAGHETTI BAKE	FISH/CHIPS	Beef Potjie & Basmati	MAKE OWN BURGER AND A YOGHURT
14H15	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK
16H00	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7H00-8H00	Instant Porridge	MIELIEPAP	CEREAL	OATS	EGG TOAST
9H00	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	BAKERDAY
11H45	GRILL CHICKEN / VEGGIE & Cous- Cous	PASTA WITH HIDDEN VEGGIES	FISH/CHIPS	WORS PAP & CHEESE BAKE	MAKE OWN PIZZA & A YOGHURT
14H15	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK
16H00	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7H00-8H00	Instant Porridge	MIELIEPAP	CEREAL	OATS	EGG TOAST
9H00	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	BAKERDAY
11H45	CHICKEN STEW RICE	MINCE BALLS & SPAGHETTI	FISH/CHIPS	BEEF STIRFRY AND MASH	MAKE OWN BRAAI WORS WITH OUPA BULL. & YOGHURT
14H15	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK	HEALTHY SNACK
16H00	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK

For the babies who are ready for food, I put big chunks of veggies and potatoes in the food I cook for the bigger kiddies. When soft I take it out and mash it for them with some of the gravy....So they also get a taste of the chicken, mince, fish and beef. On a Tuesday I also introduce them to small pieces of Spaghetti with their food. (When they are ready) On a Wednesday to soft hake/fishcakes and soft chips. (Small amounts at a time.) On Fridays They have mash with chicken/veggie cup a soup. Please note we don't give any pork at school. We prepare fresh and healthy meals everyday