

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Mieliepap	Oats	Mieliepap	Oats	Mieliepap
Morning snack	Savoury Biscuit	Fruit	Savoury Biscuit	Fruit	Savoury Biscuit
Lunch	Chicken + pasta + mixed veg (a la king)	Pap + Sauce + Fish fingers/Bacon/Meatballs + Peas	Mince + Rice + Mixed veg (Bolognese)	Potato mash + Pie/Fish cake + Sauce + Mielies	Vienna + Tomato sauce + Roll
Babies Lunch	Butternut Mash	Broccoli + Sweet potato mash	Gem squash mash	Potato + Carrot mash	Sweet potato mash
Afternoon snack	Sandwich - Peanut butter	Sandwich - Jam	Sandwich - Jam + Peanut butter	Sandwich - Peanut butter	Sandwich - Jam
Dinner	As lunch	As lunch	As lunch	As lunch	As lunch

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oats	Mieliepap	Oats	Mieliepap	Oats
Morning snack	Fruit	Savoury Biscuit	Fruit	Savoury Biscuit	Fruit
Lunch	Macaroni + Mince + Mixed veg (bolognese)	Potato mash + Pie/fish cake + Sauce + Mielies	Pap + Sauce + fish fingers/bacon/meatballs + Peas	Rice + Chicken + Mixed veg (a la king)	Egg + Tomato sauce + roll
Babies Lunch	Broccoli + Sweet potato mash	Potato + Carrot mash	Butternut mash	Sweet potato mash	Gem squash mash
Afternoon snack	Sandwich - Jam + Peanut butter	Sandwich - Peanut butter	Sandwich - Jam	Sandwich - Jam + Peanut butter	Sandwich - Peanut butter
Dinner	As lunch	As lunch	As lunch	As lunch	As lunch