



WEEK 1	Mon	Tues	WED	THURS	FRI
BREAKFAST					
6-24 Months					
2-5 Years	Choc Chip Oats	Bran Porridge	Maize Meal Porridge	Egg, Broccoli & Cheese Bake	Cinnamon & Banana Oats
MORNING SNACK					
6-24 Months					
2-5 Years	Fruit & Carrot & Raisin Slice	Fruit & Banana Bread Slice	Fruit & Carrot & Raisin Slice	Fruit & Carrot & Raisin Slice	Fruit & Blueberry Yoghurt Slice
LUNCH					
6-24 Months	Macaroni + Butternut	Fish Fingers + Mash	Neapolitan Pasta	Chicken & Rice + Gem Squash	Chicken Sausage + Sweet Potato
2-5 Years	Macaroni Cheese + Butternut	Fish Fingers + Mash + Greenbeans	Neapolitan Pasta	Chutney Chicken + Rice + Gem Squash	Chicken Hotdog + Sweet Potato
AFTERNOON SNACK					
6-24 Months	Yoghurt	Corn Bread	Yoghurt	Bran & Raisin Muffin	Yoghurt
2-5 Years	Mixed Fruit Jam Sandwich	Corn Bread	Apricot Jam Sandwich	Bran Muffin	Choc Chip Muffin

WEEK 2	Mon	Tues	WED	THURS	FRI
BREAKFAST					
6-24 Months					
2-5 Years	Apple Cinnamon Oats	Bran Porridge	Maize Meal Porridge	Choc Chip Porridge	Choc Chip Oats
MORNING SNACK					
6-24 Months					
2-5 Years	Fruit & Carrot & Raisin Slice	Fruit & Banana Bread Slice	Fruit & Carrot & Raisin Slice	Egg & Cheese Bake	Fruit & Blueberry Yoghurt Slice
LUNCH					
6-24 Months	Chicken + Broccoli	Chicken & Lentils + Savoury Rice	Mince + Spaghetti	Chicken ala King + Rice	Chicken Spaghetti Pasta
2-5 Years	Chicken Lasagne Bake + Broccoli	Chicken & Lentils + Savoury Rice + Mix Veg	Mince + Spaghetti + Sweet Potato	Chicken ala King + Rice + Butternut	Chicken Spaghetti Pasta + Mix Veg
AFTERNOON SNACK					
6-24 Months	Yoghurt	Corn Bread	Yoghurt	Carrot Muffin	Yoghurt
2-5 Years	Mixed Fruit Jam Sandwich	Corn Bread	Apricot Jam Sandwich	Carrot Muffin	Choc Chip Muffin