

## Pre-school Menu (0-2 years) Week 1

Days	BREAKFAST	SNACK (bring your own)	LUNCH	SNACK (bring your own) <sup>2</sup>
<b>DAY 1</b>	oats porridge	Seasonal fruit	Mash potatoe	Danone
	Margarine		Mince	
	Sugar			
	Milk			
<b>DAY 2</b>	Mabele	Seasonal fruit	Pap(maize)	Danone
	Margarine			
	Sugar		Creamed spinach	
	Milk		Pureed beetroot	
<b>DAY 3</b>	Mealie meal soft porridge	Seasonal fruit	Pap(maize)	Danone
	Peanut butter		worse	
	Milk		Boiled cabbage	
<b>DAY 4</b>	oats porridge	Seasonal fruit	Samp and mince	Danone
	Margarine		Steamed carrots	
	Sugar			
	Milk			
<b>DAY 5</b>	Morvite	Seasonal fruit	Pap(maize)	Danone
	Milk		Chicken livers	
			Boiled spinach	
			Mashed pumpkin	