

Pre-school Menu (3-6 years) Week 1

Days	BREAKFAST	SNACK (bring your own)	LUNCH	SNACK (bring your own) ²
DAY 1	oats porridge	Seasonal fruit	Macaronni	Bread and peanut butter
	Margarine		Creamed spinach	
	Sugar			
	Milk			
DAY 2	Mabele	Seasonal fruit	Pap(maize)	Bread and peanut butter
	Margarine			
	Sugar		Creamed spinach	
	Milk		Pureed beetroot	
DAY 3	Mealie meal soft porridge	Seasonal fruit	Rice	Bread and peanut butter
	Peanut butter		worse	
	Milk		Boiled cabbage	
DAY 4	brown bread	Seasonal fruit	Samp and mince	Bread and peanut butter
	Scramble eggs		Steamed carrots	
	Milk			
DAY 5	Morvite	Seasonal fruit	Mealie rice	Bread and peanut butter
	Milk		Chicken livers	
			Boiled spinach	
			Mashed pumpkin	