

## National Nutrition Week 2012

	Menu Option 1	Menu Option 2
<b>Breakfast</b>	High-fibre cereal Milk, low fat Apple	Oats Porridge Milk Sugar Apple
<b>Mid morning snack</b>	Brown bread Margarine Cheese	Banana
<b>Lunch</b>	Stir-fry vegetables with pasta Oil Grapes	<u>Sandwich:</u> Brown bread Margarine Boiled egg
<b>Supper</b>	Grilled chicken breast (skin removed) Baked potato Tomato and cucumber salad Gem squash	<u>Homemade fish pie:</u> Pilchards Potato Tomato Green peas
<b>Daily (for use in tea/coffee)</b>	Milk Sugar Water	Milk Sugar Water

	Menu Option 3	Menu Option 4
<b>Breakfast</b>	Soft maize porridge Milk Sugar	Brown bread Peanut butter Apple
<b>Mid morning snack</b>	Brown bread Margarine Boiled egg	Brown bread Margarine Jam
<b>Lunch</b>	Brown bread Margarine Jam Apple	Phutu pap Maas
<b>Supper</b>	<u>Samp and Beans:</u> Samp Beans Margarine Tomato Onion Spinach	<u>Chicken stew:</u> Chicken Oil Onion Carrot Rice Butternut Tomato
<b>Daily (for use in tea/coffee)</b>	Milk Sugar Water	Milk Sugar Water