



Basic Education
Health



**NATIONAL NUTRITION WEEK AND NATIONAL OBESITY WEEK 2018:
“BREAKFAST – THE BEST WAY TO START YOUR DAY”**

EXAMPLE OF A MENU PLAN

This eight-day menu is an example of good mixed meals that could be eaten by the whole family. The Department of Basic Education provides learners in mainly quintile 1, 2 and 3 schools with one meal per day that should provide a third of their daily nutrient needs, through the National School Nutrition Programme (NSNP). The menu items in Annexure III can be replaced by food items from the same food groups depending, on what is available and according to the budget.



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA



South African Military Health Service

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Breakfast	Maize meal porridge	High-fibre cereal	Muesli	Oats	Mabele/sorghum porridge	Maize meal porridge	Toast, margarine thinly spread	Mabele/sorghum porridge
	Eggs	Milk	Yoghurt	Milk	Milk	Milk/Maas	Scrambled eggs	Milk
							Tomato slices	
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
School meal provided by NSNP	<i>Lentil curry Rice Boiled butternut</i>	<i>Soya mince relish Samp Spinach</i>	<i>Sugar bean stew Maize meal porridge Carrots</i>	<i>Pilchard stew Brown bread Cabbage salad</i>	<i>Sugar bean curry Rice Beetroot</i>	<i>Maas Maize meal porridge Fruit</i>	<i>Soya mince stew Maize meal porridge Pumpkin</i>	<i>Sugar bean stew Rice Cabbage</i>
Morning snack	Ditloo/peanuts	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Peanuts and raisins	Yoghurt	Fresh fruit
Lunch	Brown bread	Brown bread	Brown bread	Brown bread	Brown rolls	Mashed potato	Samp	Brown bread
	Mayonnaise thinly spread	Peanut butter	Margarine thinly spread	Margarine thinly spread				
	Left-over chicken		Boiled egg	Maas/yoghurt	Soya mince meat balls	Pilchard fish, stewed	Grilled chicken/ chicken stew	Left-over lentil and vegetable curry
						Beetroot salad	Mixed vegetables	
Supper	Tasty mince (with mixed vegetable)	Pilchard kedgeree	Grilled beef /lamb /pork chops	Beans, onion, tomato, carrots stew	Chicken liver stew	Maas /Mopani worms	Lentil and vegetable curry	Cottage pie with potato/ sweet potato mash topping
	Rice	Mashed potato	Maize meal porridge	Samp	Maize meal porridge	Maize meal porridge	Rice	
	Butternut	Green beans	Mixed vegetables	Cabbage	Spinach	Tomato slices/ relish		Carrots
Daily	Water	Water	Water	Water	Water	Water	Water	Water