



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



ANNEXURE VI

EXAMPLE OF A MENU PLAN

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/Maas	Milk/Maas	Scrambled eggs	Milk/Maas
	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 Pap Carrots</i>	<i>Pilchard stew Brown bread Cabbage salad</i>	<i>Sugar bean curry Rice Beetroot</i>	<i>Maas Pap Fruit</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	Whole wheat wrap	Brown bread	Brown bread	Brown bread	Brown rolls	Mashed potato	Samp	Brown bread
	Mayonnaise thinly spread	Peanut butter	Margarine thinly spread	Margarine thinly spread			Grilled chicken/ chicken stew	Left-over lentil and vegetable curry
	Left-over chicken		Boiled egg	Maas/yoghurt	Soya mince meat balls	Pilchard fish, stewed		
						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