

My World Summer Menu



Babies under 1 year					
	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
BREAKFAST	Porridge (Mealie Meal/Maltabella)	Kreemy meel	Oats, pureed apple, cinnamon and honey	Kreemy meel	Oats, pureed apple, cinnamon and honey
MORNING SNACK	Milk feed / Seasonal fruit	Milk feed / Yoghurt	Milk feed / Seasonal fruit	Milk feed / Yoghurt	Milk feed / Seasonal fruit
LUNCH	Sweet potato, carrot, pumpkin with rice	Courgettes, butternut, potato and rice	Lentils and sweet potato with rice	Sweet potato, carrot, pumpkin with rice	Courgettes, butternut, potato and rice
AFTERNOON SNACK	Milk feed / Yoghurt	Milk feed / Seasonal fruit	Milk feed / Yoghurt	Milk feed / Seasonal fruit	Milk feed / Yoghurt

Toddlers to Grade 00					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Yoghurt with chopped apple and cinnamon	Cornflakes/ Rice Crispies/ All Bran Flakes/ sprinkled with raisins	Bran muffin with a butter spread and grated cheese	Cornflakes/ Rice Crispies/ All Bran Flakes/ Sprinkled with raisins	Flapjacks with jam and cheese
MORNING SNACK	Seasonal fruits	Provitax with hummus/ avocado/ grated cheese	Popcorn	Peanut butter sandwich	Popcorn
LUNCH 1	Butter beans with mashed potato and veggies	Spanish rice with tuna	Veggie pizza	Sweet corn and sweet potato fritters	Cheesy pasta with a hidden vegetable tomato sauce
LUNCH 2	Baked beans and chickpeas with grated cheese and toast fingers	Lentil veggie nuggets	Stuffed baked potatoes	Egg fried rice with mixed vegetables	Cauli-cheese macaroni
AFTERNOON SNACK	Popcorn	Fruit lollies and banana bread	Seasonal fruits	Fruit lollies and banana bread	Seasonal fruit

My World Winter Menu



Babies under 1 year					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge (Mealie Meal/Maltabella)	Oats with pureed apple and cinnamon	Kreemy meel	Porridge (Mealie Meal/Maltabella)	Oats with pureed apple and cinnamon
MORNING SNACK	Milk feed / Melon	Milk feed / Yoghurt	Milk feed / Apple fingers	Milk feed / Yoghurt	Milk feed / Oranges
LUNCH	Sweet potato, carrot, pumpkin with rice	Butternut soup	Lentils and sweet potato with rice	Vegetable soup	Courgettes, butternut, potato and rice
AFTERNOON SNACK	Milk feed / Yoghurt	Milk feed / Banana	Milk feed / Yoghurt	Milk feed / Melon	Milk feed / Yoghurt

Toddlers to Grade 00					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge (Mealie Meal/Maltabella)	Oats with pureed apple cinnamon and honey	Scrambled eggs with whole-wheat toast soldiers	Oats with pureed apple cinnamon and honey	Flapjacks with jam and cheese
MORNING SNACK	Seasonal fruits	Baked apple doughnuts	Pumpkin and cinnamon muffins	Provitas with avo/ humus/ cheese	Popcorn
LUNCH 1	Veggie, cheesy potato bake	Vegetable pizza	Tuna and rice	Vegetable soup	Spaghetti with a hidden veggie sauce
LUNCH 2	Baked beans and cannellini beans with toast fingers and grated cheese	Butternut soup	Veggie, rice lasagna	Macaroni cheese with sweet corn and celery	Lentil Shepherd's pie
AFTERNOON SNACK	Peanut butter bread	Seasonal fruits	Popcorn	Jam bread	Seasonal fruits