

P6: SAMPLE MENU



MEALS	PORTION SIZES			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6-8 months	9 - 23 months	24 months - 6 years					
BREAKFAST	3 Tbs- 1/4 cup	1/2 cup - 1 cup	1-2 cups	maize meal porridge	oats porridge	maltabella porridge	maize meal porridge	oats porridge
	Breast Milk/150 ml formula	Fresh/powdered full cream milk 1/4 cup	1/2 cup	milk	milk	milk	milk	milk
	None	1 teaspoon	2 teaspoon	sugar	sugar	sugar	sugar	sugar
	None	1 Slice	2 slices	brown bread and margarine	brown bread and margarine	brown bread and margarine	brown bread and margarine	brown bread and margarine
MID-MORNING SNACK	Breast Milk/150 ml formula	1 cup	1/2 cup	milk	milk	milk	milk	milk
	1/2 cup	1 cup	Not less than 1 cup	water	water	water	water	water
MID-DAY MEAL	3 Tbs- 1/4 cup pureed or mashed or blended	1/4 cup	1 cup	beef stew	savoury samp and beans	savoury mince	chicken liver	pilchards fish
		1/4 cup	1/2 cup	rice		pap	spaghetti	mashed potato
	1/2 cup	1 cup	Not less than 1 cup	sweet potato	cooked carrots	green beans and potatoes	mixed vegetables	beetroot salad
AFTERNOON SNACK	Soft mashed or Pureed 1/4 fruit	Cut into pieces 1/2 fruit	Cut into pieces 1/2 fruit	fruit	fruit	fruit	fruit	fruit
		Not less than 1 cup	Cut into pieces 1/2 fruit	water	water	water	water	water