

P5: 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 | matibella 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 | 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 | Not less than 1 cup | fruit | fruit | fruit | fruit | fruit |