

THE DAWN

Daily Menu – 6-24 Months



Days of the week	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack
Monday	Soft porridge, with Milk	Fruit in season	Pap , Gravy & Vegetable	Bread with Jam & Milk
Tuesday	Weetbix, with Milk	Bread with Jam & Milk	Butternut , mincemeat & Vegetable	Fruit in season
Wednesday	Mabele, with Milk	Fruit in season	Mash Potato , Soya mince & Vegetable	Bread with peanut butter & Milk
Thursday	Weetbix, with Milk	Bread with peanut butter & Milk	Sweet Potato' & Chicken + 1 Vegetable	Fruit in season
Friday	Soft porridge, with Milk	Fruit in season	Pap & Mincemeat + Vegetable	Bread with Jam & Milk

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Daily Menu – 3-6 Years



Days of the week	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack
Monday	Soft porridge, with Magarine	Fruit in season	Pap & Wors with Gravy / Vegetable	Bread with Jam & Juice
Tuesday	Oats with milk	Bread with Jam & Milk	Rice & mincemeat + Vegetable	Fruit in season
Wednesday	Mabela porridge, with Milk	Fruit in season	Macaroni/Samp, Tin-Fish & Vegetables	Bread with peanut butter & Juice
Thursday	Weet-Bix with milk	Bread with peanut butter & Milk	Rice, Chicken & Vegetable	Fruit in season
Friday	Soft porridge, with Milk	Fruit in season	Pap & Soya mince/ Chicken livers + Vegetable	Bread with Jam & Juice

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Daily Menu – 3-6 Years (Special dietary)



Days of the week	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack
Monday	Soft porridge, with Magarine	Fruit in season	Pap & Chicken stew with Gravy / Vegetable	Bread with Jam & Juice
Tuesday	Oats with milk	Bread with Jam & Milk	Rice & tomato gravy + Vegetable Baby hake occasionally	Fruit in season
Wednesday	Mabela porridge, with Milk	Fruit in season	Macaroni/Samp, Tin-Fish & Vegetables	Bread with peanut butter & Juice
Thursday	Weet-Bix with milk	Bread with peanut butter & Milk	Rice, Chicken & Vegetable	Fruit in season
Friday	Soft porridge, with Milk	Fruit in season	Pap & Inkomazi/ Chicken livers + Vegetable	Bread with Jam & Juice