APPROVED 2010/11

Provincial MENUS

NATIONAL SCHOOL NUTRITIONAL PROGRAMME

basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

National School Nutrition Programme

- The menus have been compiled to ensure that learners receive quality and nutritious meals. Schools are further encouraged to use their creativity to improve the taste, variety and texture with the approval of their District
- A recipe book, "Mnandi 4 Sure!" has been distributed to all the schools participating in the programme to assist in the preparation of the meals
- Preparation quantities and serving portions are addressed in the recipe book
- The requirement is that one meal per school day be served to targeted schools by 10H00 on all school days
- Gauteng is serving two meals, namely breakfast at 07H00 and lunch at 11H00
- To avoid repetition and menu fatigue, starch should be alternated e.g. samp, maize pap, rice, maize rice, pasta, potatoes, sweet potatoes, flour products etc on alternating days
- Fresh vegetables or fruit should be served daily alternating different colour vegetables or fruit such as green and yellow or red should served. Where possible both green and yellow or red can be served in one meal
- Fresh fruit must be served on days that vegetables are not on the menu e.g. phuthu/pap with sour milk and an apple
- High quality protein such as pilchards and milk should be served at least once a week
- Soya products should not be served more than twice a week
- Legumes such as dried beans, split peas and lentils should not be served more than twice a week
- Traditional food is acceptable as long as it is properly placed within the food groups e.g .mashonzha (mopane worms) in Vhembe district, Limpopo province can be used as high protein food. morogo (traditional spinach), amadumbe (traditional potato) etc

GAUTENG PROVINCE: PRIMARY SCHOOLS MENU

DAY	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**BREAKFAST**		
	Cereal	**Instant Porridge (vanilla)**	**50g**
	LUNCH		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Maize Pap**	**60-75g**
	Vegetable/fruit	**Cooked Green Vegetable**	**60g**
2 Tuesday	**BREAKFAST**		
	Cereal	**Instant Porridge (strawberry)**	**50g**
	LUNCH		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Boiled Rice**	**60g**
	Vegetable	**Steamed Yellow Vegetable**	**60g**
3 Wednesday	**BREAKFAST**		
	Cereal	**Instant Porridge (banana)**	**50g**
	LUNCH		
	Protein	**Cooked Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Whole Fruit**	**1 medium size**
4 Thursday	**BREAKFAST**		
	Cereal	**Instant porridge (vanilla)**	**50g**
	LUNCH		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Maize Pap**	**60-75g**
	Vegetable/fruit	**Cooked Green Vegetable**	**60g**
5 Friday	**BREAKFAST**		
	Cereal	**Instant porridge (strawberry)**	**50g**
	LUNCH		
	Protein	**Split Peas Relish**	**100g**
	Starch	**Boiled Maize Rice**	**60g**
	Vegetable/Fruit	**Whole Fruit**	**1 medium sized**

GAUTENG PROVINCE: SECONDARY SCHOOLS MENU

DAY	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	BREAKFAST		
	Cereal	Instant Porridge (vanilla)	50g
	LUNCH		
	Protein	Pilchard Stew	60g
	Starch	Maize Pap	90g
	Vegetable/fruit	Cooked Green Vegetable	70g
2 Tuesday	BREAKFAST		
	Cereal	Instant Porridge (strawberry)	50g
	LUNCH		
	Protein	Soya Mince Stew	60g
	Starch	Boiled Rice	90g
	Vegetable	Steamed Yellow Vegetable	70g
3 Wednesday	BREAKFAST		
	Cereal	Instant Porridge (banana)	50g
	LUNCH		
	Protein	Cooked Beans	40g
	Starch	Cooked Samp	60g
	Vegetable/fruit	Whole Fruit	1 medium sized
4 Thursday	BREAKFAST		
	Cereal	Instant Porridge (vanilla)	50g
	LUNCH		
	Protein	Soya Mince Stew	60g
	Starch	Maize Pap	90g
	Vegetable/fruit	Steamed Green Vegetable	70g
5 Friday	BREAKFAST		
	Cereal	Instant Porridge (strawberry)	50g
	LUNCH		
	Protein	Split Peas Relish	100g
	Starch	Boiled Maize Rice	90g
		Whole Fruit	1 medium sized

EASTERN CAPE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Chuck Stew**	**45g**
	Starch	**Maize Pap**	**60g**
	Vegetable/fruit	**Red/yellow Vegetable in Season**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Sour milk/Fresh Milk (UHT)**	**200ml**
	Starch	**Phuthu Pap**	**60-75**
	Vegetable/fruit	**Whole Fruit**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Boiled Rice**	**60g**
	Vegetable/fruit	**Green Vegetable in Season**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Cooked Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Yellow Vegetable in Season**	**60g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Sweet Potato/Rice**	**60-75g**
	Vegetable/fruit	**Green Vegetable in Season**	**60g**

EASTERN CAPE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Chuck Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Red/yellow Vegetable in Season**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Sour milk/Fresh Milk (UHT)**	**250ml**
	Starch	**Phuthu Pap**	**90ml**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
3 Wednesday	**LUNCH**		
	Protein	**Soya Mince Stew**	**60g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Green Vegetable in Season**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Cooked Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Yellow Vegetable in Season**	**70g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Sweet Potato/Rice**	**90g**
	Vegetable/fruit	**Green Vegetable in Season**	**70g**

NOTES: - Long life milk to be used in areas were sour milk is unavailable

Day 4 vegetable switched with Day 5 (reason: variety)

FREE STATE PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Maize Pap**	**60g**
	Vegetable/fruit	**Boiled Green Vegetable**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Boiled Yellow Vegetables**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Maize Pap**	**60g**
	Vegetable/fruit	**Boiled Green Vegetable**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Split Peas/Lentils Stew**	**100g**
	Starch	**Rice/Maize Rice**	**60g**
	Vegetable/fruit	**Boiled Yellow Vegetable**	**60g**
5 Friday	**LUNCH**		
	Protein	**Sour Milk/Full Cream Milk**	**200ml**
	Starch	**Phuthu Pap**	**60g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**

FREE STATE PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Boiled Green Vegetable**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Boiled Yellow Vegetable**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Boiled Green Vegetable**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Split Peas/Lentils Stew**	**100g**
	Starch	**Rice/Maize Rice**	**90g**
	Vegetable/fruit	**Boiled Yellow Vegetable**	**70g**
5 Friday	**LUNCH**		
	Protein	**Sour Milk/Full Cream Milk**	**250ml**
	Starch	**Phuthu Pap**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**

KWAZULU NATAL PROVINCES: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Sugar Beans Curry**	**40g**
	Starch	**Phuthu pap**	**60-75**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
2 Tuesday	**LUNCH**		
	Protein	**Lentil Curry/**	**100g**
	Starch	**Boiled Rice**	**60g**
	Vegetable/fruit	**Cooked Buttenut**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Braised Spinach**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Soya Mince Relish**	**45g**
	Starch	**Boiled Rice**	**60-75**
	Vegetable/fruit	**Boiled carrots**	**60g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Brown Bread/Cooked Rice**	**2 slices/60g**
	Vegetable/fruit	**Cabbage Salad**	**60g**

KWAZULU NATAL PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Sugar Beans Curry**	**60g**
	Starch	**Phuthu Pap**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 medium size**
2 Tuesday	**LUNCH**		
	Protein	**Lentil Curry**	**100g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Cooked Butternut**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Braised Spinach**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Soya Mince Relish**	**60g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Boiled Carrots**	**70g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Brown Bread/Cooked Rice**	**3 slices/90g**
	Vegetable/fruit	**Cabbage Salad**	**70g**

NOTES: -Day 3 was switched with day 4 because of rice on consecutive days; vegetables for both days remain on respective days

LIMPOPO PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Pilchard Curry Stew**	**40g**
	Starch	**Maize Pap**	**60-75**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
2 Tuesday	**LUNCH**		
	Protein	**Sugar Beans Stew**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Cooked Green Vegetable**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Lentil/Beans Curry Stew**	**100g**
	Starch	**Brown Bread**	**2 slice**
	Vegetable/fruit	**Whole Fruit**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Soya Curry Mince**	**45g**
	Starch	**Maize Pap**	**60g**
	Vegetable/fruit	**Cooked Yellow Vegetable**	**60g**
5 Friday	**LUNCH**		
	Protein	**Bean Stew**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**

LIMPOPO PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
2 Tuesday	**LUNCH**		
	Protein	**Sugar Beans Stew**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Cooked Green Vegetable**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Lentil Curry Stew**	**100g**
	Starch	**Brown Bread**	**3 slices**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
4 Thursday	**LUNCH**		
	Protein	**Soya Curry Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Cooked Yellow Vegetable**	**70g**
5 Friday	**LUNCH**		
	Protein	**Bean Stew**	**60g**
	Starch	**Cooked Samp**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**

NOTES:

- Day 4 and 5 switched, beans serves on consecutive days (reason: variety)

MPUMALANGA PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Curried Soya Mince Stew**	**45g**
	Starch	**Maize Pap**	**60g**
	Vegetable/fruit	**Sliced carrots/Pumpkin/Butternut**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Curried Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Braised Cabbage/Spinach/Morogo**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Boiled Rice**	**60-75g**
	Vegetable/fruit	**Cooked Pumpkin/Butternut/Carrots**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Lentils Stew**	**45g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Steamed Green Vegetable**	**60g**
5 Friday	**LUNCH**		
	Protein	**Sour Milk**	**200ml**
	Starch	**Phuthu Pap**	**60-75g**
	Vegetable/fruit	**Whole Fruit**	**60g**

MPUMALANGA PROVINCES: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Curried Soya Mince Stew**	**60g**
	Starch	**Maize Pap**	**90g**
	Vegetable/fruit	**Sliced Carrots/Pumpkin/Butternut**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Curried Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Braised Cabbage/Spinach/Morogo**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Cooked Pumpkin/Butternut/Carrots**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Lentils Stew**	**60g**
	Starch	**Cooked Samp**	**90g**
	Vegetable/fruit	**Steamed Green Vegetable**	**70g**
5 Friday	**LUNCH**		
	Protein	**Sour Milk**	**250ml**
	Starch	**Phuthu Pap**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**

NOTES: - Fruit added on day 5

NORTH WEST PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Mild Curry Soya Mince Stew**	**45g**
	Starch	**Boiled Rice**	**60g**
	Vegetable/fruit	**Green Vegetable in Season**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Maize Pap/Brown Bread**	**60-75g/2 slices**
	Vegetable/fruit	**Yellow Vegetable in Season**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Split Peas Stew**	**100g**
	Starch	**Rice/Maize Rice**	**60g**
	Vegetable/fruit	**Green Vegetable in Season**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Yellow Vegetable in Season**	**60g**
5 Friday	**LUNCH**		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Boiled Macaroni/Maize Pap/Mabele**	**60g**
	Vegetable/fruit	**Whole Fruit**	**60g**

NORTH WEST PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Mild Curry Soya Mince Stew**	**60g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Green Vegetable in Season**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Maize Pap/Brown Bread**	**90g/3 slice**
	Vegetable/fruit	**Yellow Vegetable in Season**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Split Peas Stew**	**100g**
	Starch	**Rice/Maize Rice**	**90g**
	Vegetable/fruit	**Green Vegetable in Season**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Yellow Vegetable in Season**	**70g**
5 Friday	**LUNCH**		
	Protein	**Soya Mince Stew**	**60g**
	Starch	**Boiled Macaroni/Maize Pap/Mabele**	**90g**
	Vegetable/fruit	**Whole Fruit**	**70g**

NORTHERN CAPE PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Balls**	**45g**
	Starch	**Mashed Potatoes**	**100g**
	Vegetable/fruit	**Fresh Mixed vegetable**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Boiled Carrots**	**60g**
3 Wednesday	**LUNCH**		
	Protein	**Sour Milk**	**200ml**
	Starch	**Phuthu Pap**	**60-75g**
	Vegetable/fruit	**Whole Fruit**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Soya Mince Stew**	**45g**
	Starch	**Boiled Rice**	**60g**
	Vegetable/fruit	**Boiled Pumpkin**	**60g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Macaroni/Spaghetti**	**60g**
	Vegetable/fruit	**Fresh Mixed Vegetable**	**60g**

NORTHERN CAPE PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Balls**	**60g**
	Starch	**Mashed Potatoes**	**100g**
	Vegetable/fruit	**Fresh Mixed Vegetable**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Boiled Carrots**	**70g**
3 Wednesday	**LUNCH**		
	Protein	**Sour Milk**	**250ml**
	Starch	**Phuthu Pap**	**90g**
	Vegetable/fruit	**Whole Fruit**	**1 whole fruit**
4 Thursday	**LUNCH**		
	Protein	**Soya Mince Stew**	**60g**
	Starch	**Boiled Rice**	**90g**
	Vegetable/fruit	**Boiled Pumpkin**	**70g**
5 Friday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Macaroni/Spaghetti**	**90g**
	Vegetable/fruit	**Fresh Mixed Vegetable**	**70g**

NOTES: -Menu was compiled based on the options available to the province

WESTERN CAPE PROVINCE: PRIMARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Curry**	**45g**
	Starch	**Cooked Rice**	**60g**
	Vegetable/fruit	**Cooked Vegetable**	**60g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**40g**
	Starch	**Cooked Rice**	**60g**
	Vegetable/fruit	**Cooked Mixed Vegetables**	**60g**
4 Thursday	**LUNCH**		
	Protein	**Savoury Soya Relish**	**45g**
	Starch	**Maize Rice**	**60g**
	Vegetable/fruit	**Cooked Cabbage**	**60g**
5 Friday	**LUNCH**		
	Protein	**Lentils Stew**	**100g**
	Starch	**Cooked Rice**	**60g**
	Vegetable/fruit	**Cooked Mixed Vegetables**	**60g**

WESTERN CAPE PROVINCE: SECONDARY SCHOOLS MENU

DAYS	MEAL PLAN	MENU (FOOD ITEM)	SERVING PORTION SIZE
1 Monday	**LUNCH**		
	Protein	**Soya Mince Curry**	**60g**
	Starch	**Cooked Rice**	**90g**
	Vegetable/fruit	**Cooked Vegetables**	**70g**
2 Tuesday	**LUNCH**		
	Protein	**Cooked Sugar Beans**	**40g**
	Starch	**Cooked Samp**	**60g**
	Vegetable/fruit	**Whole Fruit**	**1 medium sized**
3 Wednesday	**LUNCH**		
	Protein	**Pilchard Stew**	**60g**
	Starch	**Cooked Rice**	**90g**
	Vegetable/fruit	**Cooked Mixed Vegetables**	**70g**
4 Thursday	**LUNCH**		
	Protein	**Savoury Soya Relish**	**60g**
	Starch	**Maize Rice**	**90g**
	Vegetable/fruit	**Cooked Cabbage**	**70g**
5 Friday	**LUNCH**		
	Protein	**Lentils stew**	**100g**
	Starch	**Cooked Rice**	**90g**
	Vegetable/fruit	**Cooked Mixed Vegetables**	**70g**

NOTES: - Day 2 switched with day 3; rice on consecutive day

PORTION SIZES FOR CHILDREN BETWEEN 6-12 YEARS (PRIMARY SCHOOL)

FOOD ITEM	PURCHASE WEIGHT	SERVED PORTION
1st CLASS PROTEIN		
Pilchard		40g (1/2 LS)
Liver	60g	35g (1/2 LS)
Eggs	Small-medium	43-50g
Fresh milk		200ml
Sour milk		200ml
2nd CLASS PROTEIN		
Soya	30g	45g (1/2 LS)
Dried beans/peas/lentils	40g	100g (125 ml)
Peanut butter		15g
STARCHES		
Cereal	30g	50g (1L LS)
Rice	30g	60g (1L LS)
Maize rice	50g	60g (125ml)
Maize pap	30g	60-75g (1L LS)
Potatoes	120g-140g	100g (medium)
Samp	30g	60g (1L LS)
Pasta	30g	60g (1L LS)
Brown bread	30g (1slice)	60g (2 slices)
FRESH VEGETABLES		
Carrots-fresh	65-85	60g (1H LS)
-salad	65g	60g(1H LS)
Cabbage-fresh	80-100g	60g (1H LS)
-salad	50-80g	60g (1H LS)
Butternut-fresh	90-110g	60g (1H LS)
Green beans- fresh	55-70g	60g (1H LS)
Pumpkin-fresh	140-160g	60g (1H LS)
Spinach-fresh	120-150g	60g (1L LS)
FRESH FRUIT		
Apples-fresh, medium	140-150g	1
Apricot-fresh, medium	70g	2 x 35g
Oranges-fresh, medium	140-150g	1
Peaches-fresh, medium	115g	1
Bananas-fresh, medium	150-180g	1
Guavas-fresh, medium	100g	2 x 50g
-medium	85-100g	1 x 85g
Pears-fresh, medium	140-150g	1
Plums-fresh, medium	100-120g	2 x 50-60g

OTHERS		
Salt		1g
Seasoning		2g
Tomato paste/puree		25g/ml
Oil		2ml
Sugar		5g
Breyani mix		2g

NOTES:

- Solids and powders to be expressed in grams (g)
- Liquids to be expressed in millilitres (ml)
- LS - ladle spoon
- H LS- Heaped ladle spoon
- L LS- Level ladle spoon

PORTION SIZES OF CHILDREN BETWEEN THE AGES 13 AND UPWARDS (SECONDARY SCHOOLS)

FOOD ITEM	PURCHASE WEIGHT	SERVED PORTION
1st CLASS PROTEIN		
Pilchard		60g (1L LS)
Liver	120g	70g (1H LS)
Eggs	Small-medium	43-50g
Fresh milk		250ml
Sour milk		250ml
2nd CLASS PROTEIN		
Soya	45g	60g (1L LS)
Dried beans/peas/lentils	40g	100g (125ml)
Peanut butter		30g
STARCHES		
Cereal	40g	60g (1H LS)
Rice	60g	90g (1 cup)
Maize rice	60g	90g (1 cup)
Maize pap	60g	90g (1H LS)
Potatoes	120-140g	100g (medium)
Samp	60g	90g (125ml)
Pasta	60g	90g (125ml)
Brown bread	30g (1 slice)	120g (4 slices)
FRESH VEGETABLES		
Carrots-fresh	85-105g	70g (125 ml)
-salad	85g	70g (125 ml)
Cabbage-fresh	100-120g	70g (125 ml)
-salad	70-100g	70g (125 ml)
Butternut-fresh	110-130g	70g (125 ml)
Green beans- fresh	75-90g	70g (1H LS)
Pumpkin-fresh	160-180g	70g (125 ml)
Spinach-fresh	140-170g	70g (1H LS)
FRESH FRUIT		
Apples-fresh, medium	140-150g	1
Apricot-fresh, medium	70g	2 x 35g
Oranges-fresh, medium	140-150g	1
Peaches-fresh, medium	115g	1
Bananas-fresh, medium	150-180g	1
Guavas-fresh, medium	100g	2 x 50g
-medium	85-100g	1 x 85g
Pears-fresh, medium	140-150g	1

Plums-fresh, medium	100-120g	2 x 50-60g
OTHERS		
Salt		1g
Seasoning		3g
Tomato paste/puree		50g/ml
Oil		3ml
Sugar		5g

NOTES:

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- Liquids to be expressed in millilitres (ml)
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- L LS- Level ladle spoon