



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

Private Bag X895, Pretoria, 0001, Sol Plaatje House, 222 Struben Street, Pretoria, 0002, South Africa
Tel.: (012) 357 3000, Fax: (012) 323 0601, www.education.gov.za

ECD MENU

ECD MENUS				
Day	Meal	Menu	Food items	Quantity per child
Monday	Maize meal porridge with UHT milk	Breakfast	UHT milk	50ml
			Fortified/Enriched Maize Porridge	20g
			Sugar	2g
	Pilchard stew with rice and cabbage	Lunch	Pilchards in tomato/ Sardines	30g
			Rice	25g
			Cabbage	40g
			Cooking oil	2ml
			Iodated salt	0.5g
			Chicken gravy powder	0.5g
			Onion	5g
			Rooibos tea with UHT milk	Snack
UHT milk	25ml			
Apple/orange	1/2 medium			
Tuesday	Oats porridge with UHT milk	Breakfast	UHT Milk	50ml
			Oats	20g
			Sugar	2g
	Pap with UHT milk/amasi made from pasteurized milk and butternut	Lunch	Fortified maize meal	25g
			Soya mince (optional)	15g
			Butternut	40g
			UHT milk/Amasi	100ml
			Iodated salt	0.5g
	Rooibos tea with UHT milk	Snack	Rooibos tea bag (125ml)	1bag x3 learners
			UHT milk	25ml
			Apple/orange	1/2 medium
Wednesday	Maize meal porridge with UT milk	Breakfast	UHT milk	50ml
			Fortified/Enriched maize porridge	20g
			Sugar	2g
	Sugar bean or lentil stew with samp and carrots	Lunch	Sugar beans/lentils	20g
			Samp	25g
			Carrots	40g
			Onion	5g
			Cooking oil	2ml

			Iodated salt	0.5g
			Vegetable gravy powder	0.5g
	Rooibos tea with UHT milk	Snack	Rooibos tea bag (125ml)	1bag x3 learners
			UHT milk	25ml
			Apple/orange	1/2 medium
Thursday	Maize porridge with UHT milk	Breakfast	UHT milk	50ml
			Sorghum	20g
			Sugar	2g
	Soya mince with rice with butternut	Lunch	Soya mince	20g
			Rice	25g
			Butternut	40g
			Cooking oil	2ml
			Iodated salt	0.5g
			Mild curry spice	0.5g
			Onion	5g
	Rooibos tea with UHT milk	Snack	Rooibos tea bag (125ml)	1bag x3 learners
			UHT milk	25ml
			Apple/orange	1/2 medium
Friday	Maize meal porridge with UHT milk	Breakfast	UHT milk	50ml
			Fortified/Enriched maize porridge	20g
			Sugar	2g
	Processed chicken livers (canned or pouches) with pap and orange fleshed sweet potato	Lunch	Processed chicken livers/pilchards/sardines	35g
			Maize meal	25g
			Orange fleshed sweet potato	40g
			Cooking oil	2ml
			Iodated salt	0.5g
			Onion	5g
			Chicken gravy powder	0.5g
	Rooibos tea with UHT milk	Snack	Rooibos tea bag (125ml)	1bag x3 learners
			UHT milk	25ml
			Apple/orange	1/2 medium

Notes:

Cabbage and carrots to be stored in a fridge.

Tuesday soya is an option for learners that are lactose intolerant.

Sugar is only for fortified maize porridge at breakfast.



Dr G Whittle

DDG: S

Date: 24/11/25.