

ECD MENU

Day	Menu	Meal	Food group	Food items	Quantity
Mon	Maize meal porridge with UHT milk Pilchard stew with rice and green vegetable	Breakfast	Protein	UHT Milk	50ml
			Sugar	Sugar	1g
			Starch	Fortified maize meal	15g
		Lunch	Protein	Pilchards	30g
			Starch	Rice	25g
			Vegetable	Green vegetable	40g
			Condiments	Cooking oil	2ml
				Iodated salt	0.5g
				Tomato paste	1g
				Onion	5g
		Snack	Fruit	Fruit in season	1/2 medium

Tues	Oats porridge with UHTmilk Pap with UHT milk/amasi made from pasturised milk, grated carrot or butternut	Breakfast	Protein	UHT Milk	50ml
			Sugar	Sugar	1g
			Starch	Oats	15g
		Lunch	Starch	Fortified maize meal	25g
			Vegetable	Carrots / butternut	40g
			Protein	UHT Milk/ amasi from Pasteurised milk	100ml
			Condiments	Iodated salt	0,5g
		Snack	Fruit	Fruit in season	1/2 medium

Wed	Maize meal porridge with UHTmilk Lentil/split pea/bean stew, samp and green vegetable	Breakfast	Protein	UHT Milk	50ml
			Sugar	Sugar	1g
			Starch	Fortified maize meal	15g
		Lunch	Protein	Lentils/split peas/sugar beans	20g
			Starch	Samp	25g
			Vegetable	Green vegetable	40g
			Condiments	Cooking oil	2ml
				Iodated salt	0,5g
				Chicken stock	0,5g
		Snack	Fruit	Fruit in season	1/2 medium

Thurs	Maize meal porridge with UHTmilk Soya mince with rice and yellow vegetable	Breakfast	Protein	UHT Milk	50ml
			Sugar	Sugar	1g
			Starch	Fortified maize meal	15g
		Lunch		Compliant dry soya mince	20g
			Starch	Rice	25g
			Vegetable	Butternut /yellow vegetable	40g
			Condiments	Cooking oil	2ml
				Iodated salt	0,5g
				Mild curry spice	0,5g
				Tomato paste	1g
				Onion	5g
		Snack	Fruit	Fruit in season	1/2 medium

Fri	Sorghum porridge with UHTmilk Canned or RTE chicken livers with pap and green vegetable	Breakfast	Protein	UHT Milk	50ml
			Starch	Instant sorghum porridge	15g
		Lunch	Protein	Canned or RTE chicken livers	35g
			Starch	Maize meal (fortified)	25g
			Vegetable	Green vegetable	40g
			Condiments	Cooking oil	2ml
				Iodated salt	0,5g
				Onion	5g
				Vegetable soup powder	1g
		Snack	Fruit	Fruit in season	1/2 medium