

NSNP Standard menu				PS quantities	SS starch quantity
Monday	Pilchard stew with rice and a yellow vegetable	Breakfast Cereal	Instant Flavoured maize (Vanilla)	10g	
		Protein	Pilchards in tomato	40g	
		Starch	Parboiled rice	35g	55g
		Vegetable	Butternut	60g	
		Seasoning	Cooking Oil	1.5ml	
			Onions	5g	
			Soup powder (vegetable)	0.5g	
			Iodised Salt	0.5g	
			Sugar	1g	
Tuesday	Sugar bean stew with samp and a green vegetable	Breakfast Cereal	Instant Flavoured maize (Strawberry)	10g	
		Protein	Sugar beans	30g	
		Starch	Samp	40g	60g
		Vegetable	Cabbage	60g	
		Seasoning	Cooking oil	1.5ml	
			Onions	5g	
			Iodised salt	0.5g	
			Stock (chicken)	0.5g	
Wednesday	UHT milk or pasteurised amasi with maize meal and a fruit in season	Breakfast Cereal	Instant Flavoured sorghum (Original)	10g	
		Protein	UHT milk/ Pasteurised Amasi	200ml	
		Starch	Maize meal	40g	60g
		Vegetable	1 medium fruit in season	1 medium in season	
		Seasoning	Iodised salt	0.5g	
Thursday		Breakfast Cereal	Oats	10g	
			sugar	1g	

	Soya mince stew with rice and a yellow vegetable	Protein	Soya mince	25g dry 50g processed	
		Starch	Parboiled rice/macaroni	35g	55g
		Vegetable	Carrots	60g	
		Seasoning	Cooking Oil	1.5ml	
			Onions	5g	
			Tomato puree	5g	
			Medium Curry powder	0.7g	
			Iodised salt	0.5g	
			Sugar	1g	
Friday	Processed chicken livers with maize meal and a green vegetable	Breakfast Cereal	Instant flavoured maize (Banana)	10g	
		Protein	Processed chicken livers	40g	
		Starch	Maize meal	40g	60g
		Vegetable	Cabbage	60g	
		Seasoning	Cooking oil	1.5ml	
			Onions	5g	
			Iodised salt	0.5g	
			Tomato puree	5g	
Soup powder (minestrone)	0.5g				

PS- Primary School

SS-Secondary School