

Kiddies Campus 6 DAYS MENU CYCLE: 1 TO 5 YEARS

| TIME OF THE DAY | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|-------------------|--|--|--|---|----------------------------------|--|
| BREAKFAST | Oats porridge Fresh full cream milk | Mabela porridge Fresh full cream milk | Mealie meal soft porridge Fresh full cream milk | Oats porridge Fresh full cream milk | Weetbix Fresh full cream milk | Mabela soft porridge Fresh full cream milk |
| MID-MORNING SNACK | Fruits in season | Fruits in season | Fruits in season | Fruits in season | Fruits in season | Fruits in season |
| LUNCH | Pap Stewed chicken Cabbage | Spaghetti/Macaroni Stewed mince meat Beetroot | Rice Tinned fish with onion & tomato Coleslaw | Pap Stewed Wors Cabbage/ Spinach | Samp Beans Butternut | Mashed potatoes/ Rice Tinned fish with onion & tomato |
| AFTERNOON SNACK | Brown bread Peaut butter | Brown bread Jam | Brown bread Boiled/scrambled eggs | Brown bread Margarine | Brown bread Peanut butter | Brown bread Beans |

COMPLIED BY: Mafanedza Runganani (Registered Dietitian)

DATE: 20 FEBRUARY 2025

B.S.C DIETETICS (NWU)

PRACTICE NUMBER: 0910481

SIGNATRE:



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MENU FOR 6 - 12 MONTHS

0 - 6 MONTHS

- ◆ Give expressed breast milk (Provided by parent and follow storage guidelines) or formula milk per age according to prescription on the tin.
- ◆ Feed the child via a cup not bottle.
- ◆ Use boiled water for formula milk preparations.
- ◆ Make sure that the area and utensils to prepare formula are clean.
- ◆ After feeding wash the cup with warm soap water and keep the cup in a safe place.

6 - 12 MONTHS

| TIME OF DAY | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|-------------------|--|---|---|--|--|---|
| BREAKFAST | Oats soft porridge with formula milk | Mabela soft porridge with formula milk | Mealie meal soft porridge with formula milk | Oats porridge with formula milk | Weetbix with formula milk | Mabela porridge with formula milk |
| MID-MORNING SNACK | Formula milk/ Breastmilk per age | Formula milk/ Breastmilk per age | Formula milk/ Breastmilk per age | Formula milk/ Breastmilk per age | Formula milk/ Breastmilk per age | Formula milk/ Breastmilk per age |
| LUNCH | Soft porridge Mashed chicken with mashed cabbage | Mashed macaroni/potatoes Blended/mashed stewed mince meat Mashed Beetroot | Rice Mashed Tinned fish with onion & tomato Mashed cabbage/beetroot | Pap (Soft) Stewed Wors Cabbage/ Spinach | Pap(soft) Blended/mashed Beans soup Butternut | Mashed potatoes With mashed tinned fish with tomato and onions |
| AFTERNOON SNACK | Mashed banana Formula milk/ Breastmilk per age | Mashed watermelon Formula milk/ Breastmilk per age | Mashed/grated fruit in season (no seeds) Formula milk/ Breastmilk per age | Mashed banana Formula milk/ Breastmilk per age | Mashed/grated apple Formula milk/ Breastmilk per age | Mashed/grated fruit in season (no seeds) Formula milk/ Breastmilk per age |

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