



# Three Week Cycle Menu for Crèches



APPROVED AS PART OF  
THE HEART AND STROKE  
FOUNDATION EATING PLAN

## Week One

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar	Maltabella Milk Sugar	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water				
<b>Lunch</b>	Chicken stew Rice Carrots	Samp/mielies and Beans Cabbage	Lentil curry Rice Pumpkin	Meat Friccadels* Boiled potato/rice Carrots	Pilchards Rice Peas
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water A thick vegetable, lentil or bean soup can also be given				

\*Soya mince can be used instead of beef mince



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA



## WEEK TWO



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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar	Maltabella Milk Sugar	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water				
<b>Lunch</b>	Spaghetti* Mixed vegetables	Lean mince* Rice/Samp Carrots	Chicken curry Rice/Stywe pap Peas	Lentil stew Rice/Mealiemeal	Pilchards Mashed sweet potato Spinach/Cabbage
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water A thick vegetable, lentil or bean soup can also be given				

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## WEEK THREE



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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar	Maltabella Milk Sugar	Oat porridge Milk Sugar	Mealiemeal porridge Milk Sugar
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water				
<b>Lunch</b>	Meat friccadels* Mashed potato/Rice Pumpkin	Chicken Stew Rice/Stywe pap Mixed vegetables	Mixed bean stew Rice/Samp Gem squash	Meat Stew Carrots	Macaroni & Pilchards Peas
<b>Snack</b>	Sandwich and/or fruit (If possible, use peanut butter, egg or fish as filling. Jam (with peanut butter) can also be used) Rooibos Tea/water A thick vegetable, lentil or bean soup can also be given				

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