



Kids Week 1 Meal Plan



Break Fast

Monday

Oats

Tuesday

Weetbix

Wednesday

Mealie Meal
Porridge

Thursday

Oats

Friday

Weetbix

Snack

Seasonal Fruit

Mini Muffin

Fruit & Cheese
Platter

Seasonal Fruit

Cookies and
Rooibos Tea

Lunch

Roast Chicken
& Potato

Macaroni
Cheese

Mashed Potato
& Chicken
Nuggets

Hot Dog

Pizza

Snack

Smoothie

Seasonal Fruit

Jelly & Custard

Popcorn &
Banana

Full Cream
Fruit Yoghurt





Kids Week 2 Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Oats	Weetbix	Mealie Meal	Oats	Weetbix
Snack	Seasonal Fruit	Fruit & Cheese Platter	Seasonal Fruit	Fruit & Cheese Platter	Seasonal Fruit
Lunch	Fish Fingers & Butternut	Chicken Burger	Cottage Pie	Chicken Pasta	Asian Noodles in Chicken Broth
Snack	Full Cream Yoghurt	Popcorn & Seasonal Fruit	Cake & Custard	Seasonal Fruit	Full Cream Yoghurt





Baby Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

*Break
Fast*

Cerelac

Cerelac

Mealie Meal

Blended Oats

Cerelac

Snack

Puree Fruit

*Plain Full Cream
Yoghurt & fruit
puree*

Puree Apple

Puree Berries

Puree Banana

Lunch

*Mince
Butternut &
Mash*

*Shredded
Chicken &
Mash Potato*

*Chicken, Corrot
& Rice*

*Chicken Livers,
green beans &
Mash Potato*

Rice & Gravy

Snack

Puree Banana

Puree Pear

*Plain Full Cream
Yoghurt & fruit
puree*

Puree Peach

*Plain Full Cream
Yoghurt with fruit
puree*





Toddler Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Mealie Meal	Weetbix	Mealie Meal	Oats	Weetbix
Snack	Full Cream Fruit Yoghurt	Fruit & Cheese Platter	Seasonal Fruit	Fruit & Cheese Platter	Seasonal Fruit
Lunch	Chicken, Carrot & Rice	Macaroni Cheese	Chicken & Pop	Chicken Pasta	Mince Butternut & Mash
Snack	Seasonal Fruit	Plain Full Cream Yoghurt & fruit puree	Custard (less sugar)	Smoothie	Plain Full Cream Yoghurt with fruit puree

