



MENU BABIES BREAKFAST AND LUNCH

BREAKFAST:

4-6 MONTHS: Mieliemeel Porridge OR Baby Cereal provided by parent

6-12 MONTHS: Mieliemeel Porridge, Oats, Maltabella

4 – 6 MONTHS

Yellow and orange vegetables

Butternut; Sweet potatoes; Carrots; Mash potatoes

6 – 12 MONTHS

All vegetables + Meat at school

Vegetables: Butternut, Sweet potatoes, Carrots, Mash potatoes, Spinach, Broccoli

Meat: Chicken and Mince

DAILY SNACK

Please provide a healthy snack suitable for your child like yogurt, fruit etc. depending on dietary needs. (From 6/7 months)