






2-WEEK MENU FOR ECD BASIC NUTRITIONAL BASKET

Zero2Five Menu		WEEK 1				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Starch Dairy	Fortified porridge Milk*	Fortified porridge Milk*	Maize meal porridge Milk*	Fortified porridge Milk*	Maize meal porridge Milk*
Mid-morning Snack	Starch Topping/spread Dairy Beverage	Brown bread Margarine Milk* Water	Phutu pap Maas Water	Brown bread Margarine Milk* Water	Brown bread Peanut butter Maas Water	Brown bread Margarine Milk* Water
Lunch	Protein dish Starch dish Vegetables Beverage	Bean or lentil stew Phutu pap Carrots Water	Scrambled egg Brown bread Tomato & onion relish Water	Beans Samp Butternut Water	Chicken stew Phutu pap Spinach Water	Bean or lentil stew Rice Cabbage Water
Afternoon Snack	Fruit 	Banana 	Apple 	Orange 	Banana 	Apple



Notes: *Milk: DO NOT give cow's milk to babies under 12 months.






For children aged 1–5 years:

★ **Best option:** Fresh, pasteurised cow's milk.

★ **Good alternative:** Full cream powdered milk (e.g. Klim, First Choice, Clover). The brand does not matter, but do not use coffee creamers- they are not suitable for children.

★ **If needed:** Long life (UHT) cow's milk is also acceptable.

2-WEEK MENU FOR ECD BASIC NUTRITIONAL BASKET

Zero2Five Menu		WEEK 2				
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Starch Dairy	Fortified porridge Milk*	Fortified porridge Milk*	Maize meal porridge Milk*	Fortified porridge Milk*	Maize meal porridge Milk*
Mid-morning Snack	Starch Topping/spread Dairy Beverage	Brown bread Peanut butter Milk* Water	Phutu pap Maas Water	Brown bread Peanut butter Milk* Water	Phutu pap Maas Water	Brown bread Margarine Milk* Water
Lunch	Protein dish Starch dish Vegetables Beverage	Bean or lentil stew Rice Carrots Water	Scrambled egg Brown bread Tomato & onion relish Water	Beans Samp Butternut Water	Scrambled egg Brown bread Tomato & onion relish Water	Bean or lentil stew Rice Spinach Water
Afternoon Snack	Fruit 	Orange 	Banana 	Apple 	Orange 	Banana



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