

# Catering for a crowd.



*Guidelines for planning, preparing and serving nutritious meals for groups of people in South Africa.*



*Carol Browne*



## About this book

This book has been produced by Lions International District 410E. It may be reproduced and distributed as needed. It may not be sold for profit.

The information in this book is provided to help people in Southern Africa who are responsible for provision of food, planning of meals or catering for children, adolescents or adults who are in residential facilities or who receive daily meals. I based the information on providing a healthy eating plan, within the confines of a limited budget and limited cooking facilities. I also considered the environmental aspects of food choice, so have included many ideas for eating plans that are mostly plant based.

Many organisations that cater for groups of people are experiencing difficulties in getting enough funding for food and other expenses. There are opportunities to make savings on the catering budget, as explained in this book. These changes help to make the money for food go further, and may also be more health promoting and kinder to the environment.

I hope that you will enjoy this book and find it useful. I welcome feedback from people who have used it, so that it can be continually improved.

*Carol Browne RNT (SA)*

*Registered Nutritionist NT 0000833 (Health Professionals Council of South Africa)*

<b>Background</b>	3
<b>Food, eating and life skills</b>	3
<b>Information on healthy eating</b>	3
<b>Compiling healthy eating plans</b>	8
<b>Amount of food needed for different people</b>	10
<b>Food guide unit serves</b>	11
<b>Sample menu plans and menus</b>	16
Table 1: Food group and energy needs of infants and children .....	10
Table 2: Food group and energy needs of adolescents and adults.....	10
Table 3: Food guide unit serve amounts.....	11
Table 4: Food group standards.....	14
Table 5: Sample menu plans and quantities of food to include .....	17

## Background

Healthy lifestyles are an important part of living life to the full. Healthy eating is one aspect of healthy living that is critical for proper growth and development in childhood and for optimal health throughout the life cycle. The meals served to children and adolescents in residential care should provide nutrients for growth, development and health; they should also be based on affordable, available and acceptable foods. Meals for adults should provide nutrients needed for health, and should help to prevent the development of diseases of lifestyle such as obesity, heart disease and diabetes.

Many children and adults in Southern Africa do not have healthy eating plans. This may be because they do not have enough money for all the food they need. Another reason could be because they do not know enough about healthy eating plans to make the best food choices. The information in this book may therefore differ to common cooking practices; but it can serve as an example to communities of meals and menus that help to promote health and prevent disease.

## Food, eating and life skills

Food plays an important part in the lives of many people, and thus the food provided to people in residential care should be nutritious and enjoyable. The atmosphere at meal times may be a measure of the social interactions between residents and care givers, and they should be enjoyable. Where possible, carers should sit with residents, eat the same food as them, and encourage appropriate social skills. Meal times provide an opportunity for conversation and interaction, distractions like a television should be avoided during meal times.

Young children should be encouraged to eat if they are not doing so, and everyone should be encouraged to try new foods when they are offered.

An aspect of caring for adolescents is helping them develop skills to live alone when they are older. This includes learning how to plan meals according to budget, do grocery shopping, prepare meals, and clean up the kitchen.

## Information on healthy eating

Eating well is essential for good health. The diet is what a person eats and drinks. A good diet (i.e. a healthy eating plan) provides the energy and nutrients needed for health; to do this the foods it includes must be:

- Provided in the correct amounts to meet the body's needs (sufficient and not excessive), according to age, gender and specific nutritional needs
- Nutritious (providing nutrients as well as energy)
- Varied (from different food groups, and a variety from each food group)
- Eaten in the correct proportions (most foods from plant sources, with little or no ultra-processed food)

A healthy eating plan is sometimes called a balanced diet; this is  
"A diet that provides an adequate amount and variety of food to meet a person's  
nutrient needs for a healthy, active life."

It is important to know which combinations of foods make good meals and a healthy eating plan; and also to know what the food needs of residents of different ages. The guidelines listed on the next pages explain how to plan these meals; the next section explains how much food from each food group (as explained in the guidelines) is needed for people different ages.

### Enjoy a variety of foods

***Include food from at least four food groups each day***

***Eat different foods from the food groups***

Eating is an important part of everyone's life. Foods are chosen for many reasons, not just for their impact on health, but also based on taste, cost and culture. Advice for healthy eating must consider these factors, as well as nutrition. Eating a healthy diet does not mean that the food will not be tasty, or that meals will not be enjoyable, but people may have to make many changes to the way they are used to eating.

Everyone should aim to eat about three mixed meals a day. This is especially important for children, as they cannot get all the food they need in only one or two meals. Some people may also want to eat foods in between their mixed meals; most of these snacks should consist of foods that supply nutrition to the body.

Snack foods like take-away foods, chips, sweets and biscuits can be eaten occasionally, but should not replace good mixed meals. Sugary drinks should only be offered occasionally, they are not suitable for everyday use. These are not suitable snacks for young children, so should not replace nutritious food between meals.

### Drink lots of clean water

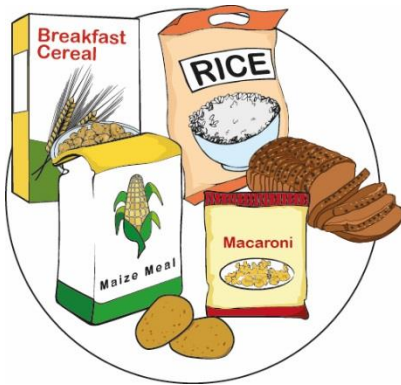
Almost every part of the body contains large amounts of water. The body loses water throughout the day; this must be replaced from drinks and from food.

- Water is the cheapest drink and is an ideal choice of drink to have often.
- Clean water is essential; if water has not been treated to clean it then this must be done at the household.
  - Water from taps is usually safe.
  - If the water comes from a well, river or borehole it is safer to boil and cool it before use. It should be boiling for at least one minute to kill the germs.
  - Germs can also be killed by adding 1 teaspoon of bleach to 20 litres of water and leaving it to stand for 2 hours.



- Adolescents and adults need about 6 – 8 cups of water a day; some of this can be tea or coffee. Younger children need less water, about 4 – 6 cups for a 6 year old.
- Everyone needs extra water to drink when the weather is very hot. This is important for children at school, as they cannot concentrate well when their bodies are dry inside.

### Make starchy foods a part of most meals



Commonly eaten starchy foods include maize meal, bread, rice, potatoes, sweet potatoes, amadumbe, pasta, breakfast cereal, mabella, and oats.

Most of these foods are cheaper than other foods; they usually make up the largest part of a meal.

In South Africa maize meal and bread flour are fortified by law; this means that they have extra vitamins and minerals added to them. The nutrients that are added are ones that many people were not getting enough of from their usual food intake.

### Eat plenty of vegetables and fruit every day

Vegetables and fruit are an important part of an eating plan for everyone. Many people know that they should eat these foods for good health, but they do not do so. One of the servings each day should be a yellow, orange, red or dark green vegetable, dark green leaves or a yellow fruit. Carrots, pumpkin, butternut, spinach, imifino, morogo, mango and pawpaw are examples.

Some types of vegetables and fruits may be expensive. People can choose from those that are affordable, and can eat extra vegetables if fruit costs too much.

Pure fruit juice is made from fruit but is expensive. It is cheaper to drink water, and to use the money to buy vegetables and fruit. Fruit juice is a sugary drink, so should only be enjoyed on special occasions.



### Eat dry beans, split peas, lentils and soy regularly



People who eat these plant foods have many health benefits:

- These foods help maintain healthy blood sugar and blood fats.
- They help digestion and immunity by keeping a healthy gut.
- They have protein so help repair and build muscle.

Importantly, plant based foods require less water to produce than foods from animals and are also more sustainable environmentally.

These foods can be eaten in mixed dishes, such as a beef and bean stew, samp and beans, or vegetable and bean soup, or can be used to make main courses such as curried beans, or as a side dish such as 3 bean salad.

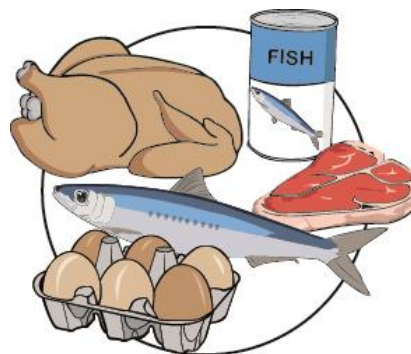


### Fish, chicken, lean meat, liver or eggs could be eaten daily

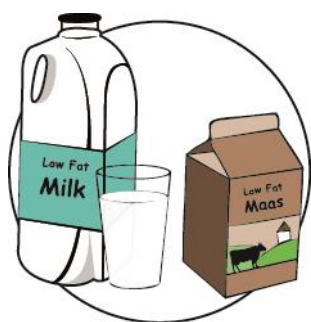
Many people enjoy eating these foods and do so if they can afford them. It is possible to get all the nutrients needed without eating these foods, but it is more difficult. They do not have to be eaten daily.

Some of these foods have a lot of fat, and in most cases, this is saturated fat. Eating saturated fat increases a person's risk of developing higher blood fat levels and of developing heart disease or stroke. This fat is found just under the skin of the chicken, or on the outside of meat. It is best to remove the skin from chicken and trim the fat from the meat, and throw this away.

Some of these foods are high in fat that cannot be removed, such as boerewors, polony and yellow cheese; these foods should not be eaten often or in large amounts.



### Drink milk, maas or yoghurt daily



Milk, maas and yoghurt are the three dairy products that are in this food group, we call them milk products. There are many products available, milk can be fresh, powdered or long life. Soya milk can also be used, be sure that it is calcium enriched.

Note: although cream and butter are dairy products, they are not included in this group as they are pure fat.

### Use fats sparingly: choose vegetable oils rather than hard fats

Fats and oils can be found in foods, or added to foods and meals. The total amount of fat and oil in the diet should be limited, because too much fat increases risk for weight gain, and the development of high levels of blood fats.

Foods that are cooked in fat by frying are always high in fat, so frying food is not recommended as a method of cooking. Many foods that are bought at restaurants and take away shops are cooked with a lot of fat, these are not healthy choices.

Some fats and oils are needed by the body, but only small amounts should be used. This can be margarine spread thinly on bread, a small amount of sunflower oil used to brown onions for a stew or small amounts of high oil plant foods being used, like peanut butter and avocado.

Extra oils or plant foods with fats can be used for people who need extra energy. This could be added to other foods, such as putting peanut butter in porridge, or served on its own, such as having avocado for a snack.



### Use salt and food high in salt sparingly

A little salt can be used when cooking to make food taste good. People with high blood pressure should not add extra salt to food after cooking.

Salt in South Africa has iodine added to it; this is because iodine is an essential nutrient that is not found in commonly eaten foods. All salt used in households must be iodated, but it must still be used sparingly.

When less salt is used food can be flavoured with vegetables, garlic, chilli or curry. Some processed foods have a lot of salt, when they are used extra salt should not be added. Examples of these foods are soya mince, soup powder and stock cubes.

### Use foods and drinks containing sugar sparingly

A small amount of sugar can be added to foods and drinks like soft porridge or tea to improve the taste. Foods made with sugar, like jam, may be used to make a mixed meal or a snack. Sweets and cold drinks may be enjoyed occasionally but should not be eaten instead of mixed meals, or when a person does not have money for groceries.

### Be active!

Physical activity and exercise are important for good health. Being active has many benefits, including the following:

- Increases blood supply to the heart and other muscles
- Reduces the risk of cardiovascular diseases, high blood pressure and diabetes
- Burns up energy, so helps maintain a healthy body weight
- Strengthens bones, reduces long term risk of osteoporosis
- Builds strength, flexibility and reduces body aches
- Helps people to relax and relieve anxiety.

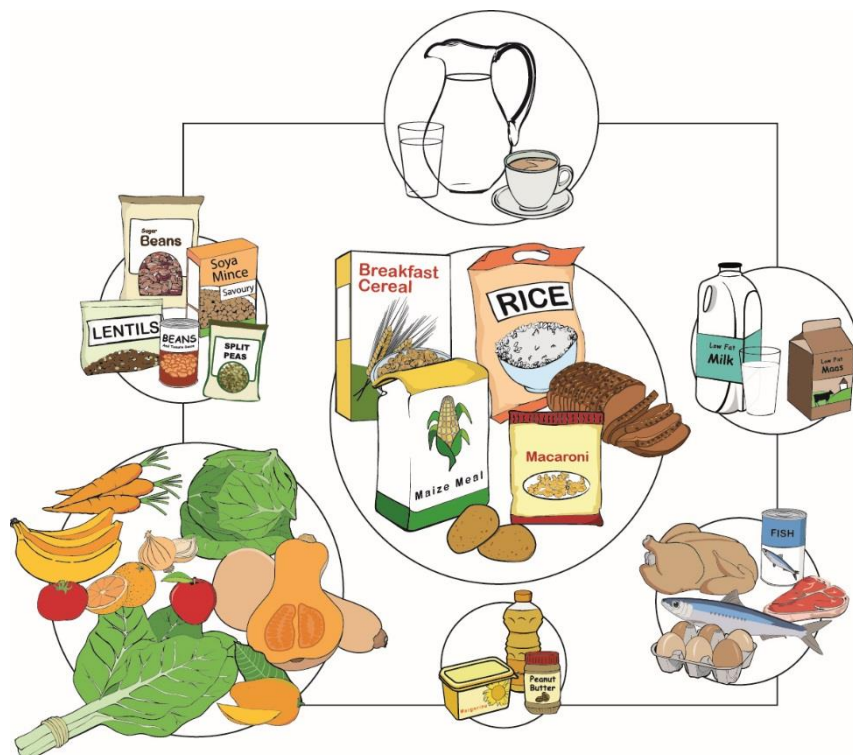
Physical activity does not only mean playing sport – the work you do in the garden and the house is also being active.

Remember when doing physical activity in hot water to drink lots of clean, safe water!

School age children and adolescents should be active for at least 60 minutes a day. Adults should be active for at least 30 minutes a day.

### The South African Food Guide

The South African Food Guide is a reminder of the actions explained in the guidelines.



## Compiling healthy eating plans

Information from the guidelines should be used to design healthy eating plans. The food eaten should mostly be taken in good mixed meals, namely meals that have foods from a number of food groups.

When you start to plan the menu there are a number of steps that can be followed to make it easier. The initial menu planning must be done carefully, this can take a lot of time. Once this is complete it is easier to monitor the meals and adapt the menu as needed.

1. List the foods that are available, affordable and acceptable. Focus on foods with nutritional value, not foods that should be considered luxuries or for occasional use only.
2. Make a list of main and side dishes that you will be able to prepare, using the available ingredients, cooking facilities and based on the skills of the people preparing the food.
3. Plan your menu, using the menu plans that are suitable for your facility. This is the outline of foods / dishes to be included in each meal and snack. Sample menu plans for different facilities are found in the annex to this document. These menu plans indicate how much food from each food group should be served at the meal for people of different ages.
4. Menu plan: Children and adolescents may need to eat more than 3 times a day, so may need snacks between meals. This is most likely to happen when they have a growth spurt or are very active. These snacks should also be planned as part of the healthy eating plan.

Here is an example of the meals to include in a menu plan children and adolescents:

- Food in the morning (breakfast): this should be eaten before school.
- Food at school: this could be a meal provided by the school, or a food box taken from home. Enough food should be eaten during the day at school so that children are not extremely hungry by the end of the day. Food eaten at school should contribute to good nutrition; snack food like potato chips, fried cakes and sweets do not help the child to concentrate well at school. Children should also drink water during the day at school.
- Food after school: some children may need a snack after school, especially if they have played sport or want to do homework.
- Food in the evening (supper): this meal should be served before the younger children are too sleepy.

These meals and snacks should provide a variety of different foods, and enough food to meet the needs of each child.

Adults will usually have three mixed meals a day: breakfast, lunch and supper.

Each meal should have food from two or more food groups, with food from four at least from food groups each day.

Different foods from each food group should be used during the day, and over the week.



5. To plan the menu:

- 5.1. Write the menu plan on a template to refer to continually.
- 5.2. List the foods that you can use; this list will later form the template for your shopping list.
- 5.3. List the main and side dishes you can make, using these foods.
- 5.4. Start with inserting the main dishes into the menu document. Check that types of foods are well spread throughout the menu.
- 5.5. Add the starchy foods and vegetables or other side dishes that will be served with this meal.
- 5.6. Plan breakfast, try to use different starchy foods to those used at lunch time and supper that day.
- 5.7. Remember to note the drinks that will be served, including water.
- 5.8. Check over the menu to ensure that each meal is appealing, in taste and visually.
- 5.9. Check over the menu to ensure that the same food is not served on successive days.

6. Some of the characteristics of a well-planned menu are that the menu:

- Has foods from 4 or more food groups a day.
- Most meals will have food from at least 2 food groups, preferably more.
- Has different foods from the food groups e.g. the starchy foods are not only maize meal and bread; whole wheat, barley, sorghum and potatoes should also be used.
- Each main meal has foods of different colours and consistencies.
- The foods are acceptable.
- Healthy cooking methods are used most of the time.

7. Other factors that will affect the menu are:

- The ages of those who are being served.
- Number of staff and their skills, both for cooking and serving.
- Storage facilities.
- Time.
- Budget.

## Amount of food needed for different people

- The amount of food needed by children, adolescents and adults is given below.
- Examples of foods in each food group are given with a unit measure.
- The number of units that each person needs is given in the second table.
- People will need more than one unit per meal for some food groups (like starchy foods), but only half or one unit per day of foods from other groups (like beans).

Table 1: Food group and energy needs of infants and children

	2 500 kJ 6 - 8 months	3 000 kJ 9 - 12 months	4 300 kJ 1 - 2 years	6 500 kJ 3 - 6 years	7 600 kJ 7 - 9 years
Breastmilk/ formula*	3	2	-	-	-
Starchy foods	0.5	1	3	6	8
Vegetables	0.5	1	2	3	3
Fruit	0.5	0.5	0.5	1	1
Dry beans, split peas, lentils, soya	0	0.5	0.5	1	1
Fish, chicken, meat, eggs, liver	0.5	0.5	1	1	1
Milk, yoghurt, maas, soya milk (calcium enriched)	0	1	2	2	2
Oil	2	2	2	3	4
Sugar	0	0	0 - 4	0 - 6	0 - 8

\* Women are advised to continue to breastfeed their babies until 2 years of age, and beyond. This manual is written for facilities where babies are typically not with their mothers, hence the switch from formula to cow's milk.

Table 2: Food group and energy needs of adolescents and adults

Food groups	Daily allowance per client, Food Guide Units 8400kJ – 11600kJ / day Adults 18 years +	Daily allowance per client, Food Guide Units 8400kJ – 11600kJ / day Adolescents 10 – 17 years
Starchy foods	11 - 15	11 - 15
Vegetables	3 or more	3 or more
Fruit	1 or more	1 or more
Dry beans, split peas, lentils, soya	1	1
Fish, chicken, meat, eggs	0 - 1	0 - 1
Milk, yoghurt, maas, soya milk (calcium enriched)	Adult 1 - 2	Adolescent 2
Oil	6 - 8	6 - 8
Sugar	0 - 6 - 10	0 - 6 - 10

## Food guide unit serves

Table 3: Food guide unit serve amounts

FOOD GROUP	FOODS	UNIT	WEIGHT
<b>Starchy foods</b>	To supply 300 – 400 kJ; about 15 – 22 g CHO.		
	Amadumbe		75 g
	Bread, brown or rolls	1 slice, rolls variable.	35 – 40g
	Breakfast cereal	Varies	25 - 30g
	Cut corn, mealie, fresh or frozen	½ cup	75g
	Flour, wheat or corn		25g
	Maize meal, dry	3 heaped Tbsp	25g
	Maize rice or samp		25g
	Oats, dry		25g
	Pasta, dry	Varies	25g
	Popcorn, popped, no salt or oil added	2 cups	25g
	Potato or baby potato, fresh, raw	1 medium	120g
	Rice, raw		25g
	Sorghum, whole or ground, dry		25g
	Sweet potatoes, fresh, raw		120g
Whole grains, wheat or barley, raw		25g	
<b>Vegetables and fruits</b>	Vegetables to supply 100 – 175 kJ; about 2 - 6 g CHO		
	Fruits to supply 300 – 400 kJ; about 15 - 20 g CHO		
	All fresh / frozen vegetables	½ cup cooked	75g
	Raw leafy green vegetables	1 cup raw	75g
Tinned vegetables, low sodium	½ cup	75g	

<b>FOOD GROUP</b>	<b>FOODS</b>	<b>UNIT</b>	<b>WEIGHT</b>
	All fresh fruit, canned fruit drained	1 piece medium sized fruit e.g. apple, banana. 2 pieces of small fruit e.g. apricots, plums ½ piece large fruit e.g. grapefruit. ½ cup chopped fruit 2 Tbsp raisins	150g
<b>Dry beans, peas, lentils, soya</b>	Dry beans, peas, lentils, soya mince to supply 350 – 450 kJ; about 10 – 15 g CHO and 6 g protein		
	Dry beans, raw, dry, all types		25 g
	Lentils, split peas, raw, dry		25 g
	Soya mince, dry		30g
<b>Chicken, fish, meat, eggs</b>	Fish, chicken, meat, eggs to supply 600 – 800 kJ; about 20 – 30 g protein, cheese has 10g protein and eggs 12 g protein.		
	Cheese, yellow	30mm <sup>3</sup>	40g
	Chicken, portion with bone, raw weight		100g
	Eggs, hens	2	100g
	Fish, high fat flesh	1 small piece	75g
	Fish, white	1 large piece	150g
	Liver, beef or ox or other organ meat		100g
	Liver, chicken	3	100g
	Meat, lean, no bone, raw weight		80g
<b>Milk, maas, yoghurt, soya milk</b>	Milk, maas, yoghurt to supply 350 – 450 kJ; about 4 – 7 g protein		
	Milk, cow's	1 cup	200ml
	Maas	1 cup	200ml
	Yoghurt	1 tub	100ml
	Soya milk (Calcium enriched)		

<b>FOOD GROUP</b>	<b>FOODS</b>	<b>UNIT</b>	<b>WEIGHT</b>
<b>Fat / oil</b>	Fat or oil to supply 150 – 250 kJ; about 5g of fat		
	Oil; sunflower, canola, olive or other plant oil	1 tsp	5ml
	Tub margarine	1 tsp	5g
	Peanut butter	1 heaped tsp	10g
	Nuts and seeds	1 heaped tsp	10g
<b>Sugar</b>	Sugar or jam to supply about 100 kJ		
	Sugar, brown or white	1 tsp	6g
	Jam, marmalade, syrup	1 heaped tsp	10g

Foods that should not be given to infants and young children under the age of 2

- Raw milk: i.e. milk from a cow / goat that has not been boiled, pasteurised or heat treated.
- Tea and coffee creamers, condensed milk or milk blends. Follow on formula and commercial 'children's milks' are not needed
- Plant milks. Soya milk (calcium enriched) may be used, if approved by a health worker.
- Honey: not to be used before 12 months and not needed after that.
- Processed meat products such as polony or sausages.
- Food that is potentially contaminated by microorganisms.
- Cold drinks, fruit juice, tea, coffee.
- Commercial snack foods that have a low nutrient value, and possible high free sugar, fat and salt content e.g. potato chips, sweets, chocolate, biscuits, cake, baby rusks and biscuits.
- Porridge or cereal that is very runny: that is soft porridge that has extra water added or cereal that has more liquid than solid.
- Foods that children may choke on, such as whole grapes, chewing gum, nuts.
- No food or drink must be given from a feeding bottle.



Table 4: Food group standards

<b>Food group</b>	<b>Standards</b>
Starchy foods: grains, potatoes, sweet potatoes	<p>Dietary guidance recommends that at least 3 food guide units (FGU) of whole grains are served per day for adults.</p> <p>Starchy foods should be minimally processed, where whole grain options are not viable.</p>
Vegetables and fruits	<p>The menu must include a variety of vegetables and fruits. These can be served at meals or as snacks. Fresh or frozen options are the best choices.</p> <p>In some instances canned versions may be used, such as tomato puree or canned fruit.</p> <p>Fruit juice or nectar are not included.</p>
Dry beans, split peas, lentils and soya	<p>The menu must include a variety of these foods. Dry beans, split peas and lentils are the best choices.</p> <p>Canned varieties are more expensive and may be high in sodium. If used, those canned in brine should be rinsed before use.</p> <p>Many kinds of soya are available, manage the sodium content of the meal if needed, by reducing sodium in other dishes.</p>
Fish, chicken, meat, eggs.	<p>Processed meat or chicken should not be used (such as polony, sausages, bacon).</p> <p>Processed fish varieties must contain the recommended amount of fish (e.g. fish cakes may have refined starch, or tinned fish may have excess sauce).</p> <p>Fat must be trimmed from meat and chicken.</p> <p>Organ meats can be used where they are acceptable to clients. Liver is especially useful for young children, children, adolescents and pregnant women.</p>

<b>Food group</b>	<b>Standards</b>
Milk, maas, yoghurt, soya milk (calcium enriched)	<p>Low fat or skim milk, maas and yoghurt should be used in preference to full cream for adolescents and adults. Milk powder may be used.</p> <p>Coffee and tea creamer may not be used.</p> <p>Soya milk is the only 'milk' of plant origin that may be used.</p>
Fats and oils, plant foods high in fat	<p>Soft margarine should be used most of the time, in preference to hard margarine or butter.</p> <p>Plant foods high in fat can be placed in this food group, and be used for providing fat in a meal (such as for beta-carotene absorption).</p> <p>Any plant oil may be used for cooking, although deep fried foods should only be used occasionally.</p>
Sugar and foods made with sugar	<p>Sugar, and foods made with sugar, can be included in a healthy eating plan. If used, they should be used as part of mixed meals.</p> <p>If sugar is added to hot beverages it should be used sparingly.</p> <p>Sugary drinks (sugar sweetened beverages and fruit juice) should not be served to infants and young children, and should only be used occasionally for children, adolescents and adults.</p>
Salt and foods high in salt	<p>The chemical term for salt is sodium chloride, salt and salt based seasonings should be used sparingly i.e. those that are high in sodium.</p> <p>When food products that are high in sodium, such as commercially produced soup powder or soya mince, are used, less salt should be added to the starchy food when it is cooked.</p>

## Sample menu plans and menus

Menu plans

4 week cycle menu home for adults with disabilities

Carol's Crèche – 1 week menu

Children's home – rural area, 4 week menu, term time

Children's home – urban area, 1 week menu, term time

Sample menu for care home for disabled elderly semi-rural

Table 5: Sample menu plans and quantities of food to include

Children's home 3 year olds	Number of food guide units	Children's home adolescent	Number of food guide units	Adults Care Home	Number of food guide units	Adults intellectually impaired	Number of food guide units
				<u>Early morning</u> Tea Milk Sugar Bread Margarine	1 Starch 1 Fat ¼ milk 1 sugar		
<u>Breakfast</u> Starchy food Milk Sugar Tea Milk Sugar	2 starch 1 milk 2 sugar	<u>Breakfast</u> Starchy food Milk Sugar Tea Milk Sugar Bread, optional Margarine	4 starch 1 milk 3 sugar 2 fat	<u>Breakfast</u> Starchy food Milk Sugar Tea Milk Sugar	2 - 4 starch 1 milk 3 sugar	<u>Breakfast</u> Starchy food Milk Sugar Bread, optional Margarine Tea Milk Sugar	2 - 6 starch 1 milk 3 sugar 2 fat
<u>Morning</u> Tea Milk Sugar Bread Margarine	1 starch 1 sugar 1 fat	<u>At school</u> Water Bread Margarine	8 starch 4 fat 1 meat/beans 1 fruit	<u>Morning</u> Tea Milk Sugar Bread Margarine	1 Starch 1 Fat ¼ milk 1 sugar	<u>Morning</u> Tea Milk Sugar	¼ milk 1 sugar
<u>Lunch</u> Main dish Starchy food Vegetables Gravy / sauce Oil	1 meat/beans 1 starch 2 vegetables 1 fat			<u>Lunch</u> Main dish Starchy food Vegetables Gravy / sauce Oil	1 meat/beans 1 - 2 starch 2-3 vegetables 2 fat	<u>Lunch</u> Main dish Starchy food Vegetables Gravy / sauce Oil	1 meat/beans 2 - 4 starch 2-3 vegetables 2 fat

<b>Children's home 3 year olds</b>	<b>Number of food guide units</b>	<b>Children's home adolescent</b>	<b>Number of food guide units</b>	<b>Adults Care Home</b>	<b>Number of food guide units</b>	<b>Adults intellectually impaired</b>	<b>Number of food guide units</b>
<u>Afternoon</u> Water / milk Fruit	1 fruit 1 milk	<u>Afternoon</u> Water / milk Fruit	1 milk	<u>Afternoon</u> Tea Milk Sugar Fruit	¼ milk 1 sugar 1 Fruit	<u>Afternoon</u> Tea Milk Sugar Fruit	¼ milk 1 sugar 1 Fruit
<u>Supper</u> Light main dish Starchy food Vegetable/s	1 meat/beans 2 starch 1 vegetable 1 fat	<u>Supper</u> Main dish Starchy food Vegetable/s	1 meat/beans 3 starch 3 vegetable 2 fat	<u>Supper</u> Light main dish Starchy food Vegetable/s	½ meat/beans 2 starch 1-2 vegetables	<u>Supper</u> Light main dish Starchy food Vegetable/s Bread, optional Margarine	½ meat/beans 2 - 4 starch 1-2 vegetables 2 - 4 fat
		<u>Late evening</u> Tea Milk Sugar	¼ milk 1 sugar			<u>Late evening</u> Tea Milk Sugar	¼ milk 1 sugar
WATER TO DRINK IS ALWAYS READILY AVAILABLE							

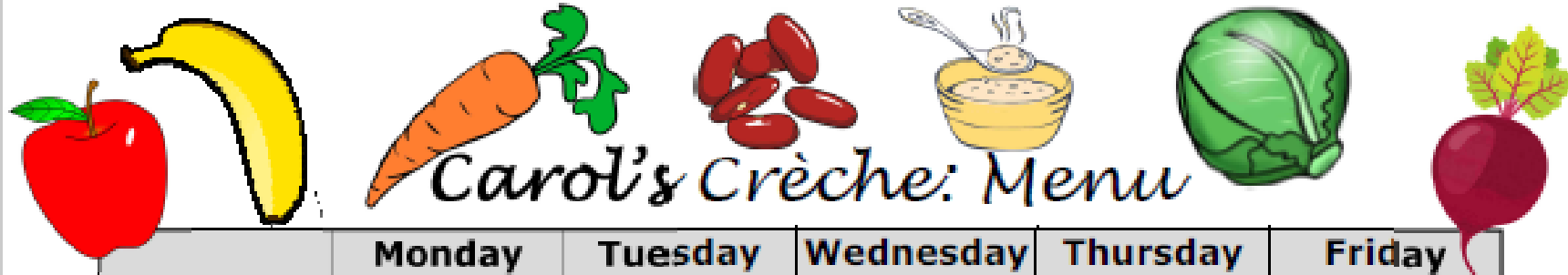


<b>4 week cycle menu for home for adults with disabilities – with detail</b>					
<b>WEEK 1</b>	<b>BREAKFAST</b>	<b>LUNCH</b>		<b>SUPPER</b>	
Monday	Maltabella porridge Milk Sugar	Savoury macaroni cheese  Broccoli Tomato slices	Macaroni, sauce (milk, cheese, cornflour), Bacon, Onion, Green pepper	Beans soup with greens and barley  Fresh fruit	Beans, carrots, onion, tomatoes, herbs, vegetable soup powder, baby spinach or morogo
Tuesday	Spanish scrambled eggs Brown bread / toast Margarine Tomato ketchup	Grilled Chicken Mashed potato Green beans Chicken gravy Coleslaw		Butternut soup Bread and margarine Fresh fruit	Butternut, onions, potatoes, granny smith apples
Wednesday	Oats porridge Milk Sugar	Mince meat balls Spiral noodles with chunky tomato Carrot and pineapple salad Green salad	Beef mince, Beef soya, Onion, Oats, Egg	Vetkoek with jam / cheese	Flour, yeast, cheese, jam, ketchup
Thursday	Maize meal porridge Milk Sugar	Beef and vegetable stew Savoury whole wheat (stampkoring) Beetroot salad	Beef pieces, onion, carrot, green beans, potato	Mutton flavour soya sloppy joe	Imana soya, grated carrot, tomato Hot dog shaped rolls Margarine
Friday	Oats porridge Milk Sugar	Pork chops Baked vegetable medley, potato, sweet potato, apples, carrots, green beans, butternut	Pork sausages, flour, egg, milk	Buck rarebit (cheese sauce with added chopped boiled egg) Toast	Cheese, egg, milk
Saturday	Maltabella porridge Milk Sugar	Chicken liver in mild peri peri sauce Onion Rice Green peas with corn	Sauce mix from Imana	Tomato and lentil soup	Lentils, onion, carrots, garlic, tomato paste, tomatoes, cream of tomato soup powder.
Sunday	Cornflakes Milk Sugar	Roast chicken with sage stuffing Roast potato Butternut Cabbage Thin chicken gravy		Donated foods	

4 week cycle menu for home for adults with disabilities – with detail					
WEEK 2	BREAKFAST	LUNCH		SUPPER	
Monday	Maize meal porridge Milk Sugar	Biryani  Mixed salad	Rice, chickpeas, vegetables, spices	Egg and potato cakes Fresh fruit	
Tuesday	Oats porridge, with apple Milk Sugar	Chicken Pie Mashed potato Coleslaw	Chicken, onion, green pepper Potatoes, milk, butterbeans Cabbage, pineapple crush, grated carrot, mayonnaise, yoghurt.	Butternut, lentil babotie	Butternut, sweet potato, onion, tomato, lentils, milk, eggs
Wednesday	Fried eggs with tomato	Beef and vegetable stew Rice Spinach	Beef, onion, carrots, tomato paste, tomato puree	Fish cakes – home made Rice salad	Pilchards, flour, eggs
Thursday	Maize meal porridge Milk Sugar	Savoury samp and beans  Tomato relish Sliced cucumber	Samp, beans, onion, green pepper	Chicken mayonnaise sandwiches (can be toasted) Guava juice	
Friday	Maltabella porridge Milk Sugar	Portuguese Chicken Rice Baby marrow Beetroot salad	Chicken, lemon juice, sweet paprika	Vegetable stir fry Instant noodles	
Saturday	Oats porridge with cinnamon Milk Sugar	Hamburger patties (home-made) Bread rolls Chips Tomato, lettuce, gherkins Fresh fruit kebabs	Mince, beef soya mince, oats, egg, onion	Minestrone Soup	Onion, celery, carrots, onion, cabbage, tomatoes, tomato paste, potatoes, chicken stock, macaroni.
Sunday	Weetbix Milk Sugar	Oven roasted rolled pork Potato bake Carrots Green peas Jelly and custard	Pork loin, herbs Potatoes, flour, milk, margarine	Donated foods	

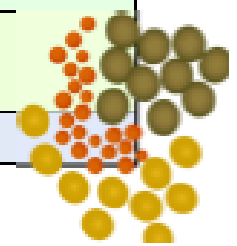
4 week cycle menu for home for adults with disabilities – with detail					
WEEK 3	BREAKFAST	LUNCH		SUPPER	
Monday	Maize meal porridge Milk Sugar	Savoury rice  Sliced fresh tomato	Beans, Rice, mushrooms, onion, green pepper, corn, grated carrot, green beans	Pumpkin and sweetcorn fritters (also try as griddle cakes)	Pumpkin / butternut, corn, flour, eggs
Tuesday	Oats porridge Milk Sugar	Chicken a la king  Mashed potato Beetroot salad	Chicken, onions, green peppers, mushrooms, packet sauce	Chinese omelette	Eggs, peas, sprouts, rice
Wednesday	Maize meal porridge Milk Sugar	Cottage pie  Mash potato Savoury Spinach Carrot sticks	Mince, soya beef, green peas	Vegetable soup	Onions, tomato, potato, carrot, green beans, four in one soup mix, vegetable soup powder
Thursday	Mabella porridge Milk Sugar	Chicken curry Rice Carrots Green beans		Pilchard French toast	Pilchards, eggs, milk
Friday	Scrambled eggs and baked beans	Boerewors Pap Tomato and onion relish Green salad Carrot with orange salad		Split pea and chicken soup	Split peas, chicken, cream of chicken soup mix
Saturday	Maize meal porridge Milk Sugar	Pork chops Sweet potato with apple Pumpkin Coleslaw		Baked butternut pie	Butternut, flour, cream, eggs
Sunday	Cornflakes Milk Sugar	Chicken with orange and honey glaze Savoury Rice Cauliflower Red salad, Thin gravy		Donated foods	

<b>4 week cycle menu for home for adults with disabilities – with detail</b>					
<b>WEEK 4</b>	<b>BREAKFAST</b>	<b>LUNCH</b>		<b>SUPPER</b>	
Monday	Fried eggs in toast holes	Spaghetti bolognaise Mixed salad		Fish and potato pie (Sailors pie)	
Tuesday	Maize meal porridge Milk Sugar	Toad in the hole with pork sausages Baked beans in tomato sauce Butternut / pumpkin Thin gravy		Brown onion soup Grilled cheese on toast	
Wednesday	Mabella porridge Milk Sugar	Biryani  Tomato and marrow salad	Rice, lentils, vegetables	Potato, egg and bacon savoury bake	
Thursday	Maize porridge Milk Sugar	Chicken and vegetable stew Rice Cabbage	Chicken, onion, carrots	Vegetable stir fry Roast potato wedges	
Friday	Maize porridge Milk Sugar	Crust less savoury tart  Potato salad Green salad	cheese, eggs, bread, vegetables, viennas	Cream of chicken soup with leeks and celery	
Saturday	Oats porridge Milk Sugar	One dish chicken bake  Broccoli Fresh tomato	Chicken, rice, mushroom soup	Hotdogs with chips Ketchup	
Sunday	Weetbix Milk Sugar	Beef, bean and carrot stew Dumplings Colourful coleslaw	Beef, beans, carrots  Cabbage, red cabbage, carrot, spinach, mayonnaise, yoghurt	Donated foods	



# Carol's Crèche: Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Mealie meal</b> Milk Sugar	<b>Oats</b> Milk Sugar	<b>Mealie meal</b> Milk Sugar	<b>Mabella</b> Milk Sugar	<b>Mealie meal</b> Milk Sugar
<b>Morning snack</b>	Brown bread <b>Peanut butter</b>	Brown bread <b>Scrambled egg</b> Oil	Brown bread Margarine Jam	Brown bread <b>Scrambled egg</b> Oil	Brown bread <b>Peanut butter</b>
<b>Lunch</b>	<b>Savoury soya stew</b> Oil Onion Tomato	<b>Lentil and butternut stew</b> Oil	<b>Fish bites</b> Fish Flour Eggs	<b>Samp and beans</b>	<b>Chicken and vegetable curry</b> Carrots Onions Green beans
	<b>Rice</b>	<b>Pap</b>	<b>Savoury rice</b> Rice Onion Green Pepper		<b>Pap</b>
	<b>Carrots or beetroot salad</b>	<b>Tomato or spinach</b>	<b>Cabbage salad</b> Cabbage Carrot Mayonnaise	<b>Vegetable relish</b>	
<b>Afternoon snack</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
<b>All day</b>	<b>Clean, safe water to drink to be available all day and at all meals and snacks</b>				





Children's Village Sample Menu								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>Breakfast</b>	Choice of porridge: maize meal, mabella (sorghum) oats, morvite. Sugar, Milk Bread and margarine and jam – optional extra for those with high energy needs (such as teenage boys). Tea, milk, sugar						<u>Optional</u> Cooked eggs on a Saturday / Sunday	
<b>To eat at school Lunch – weekend</b>	Eating meal provided at school optional. Those who want extra or do not eat school meal to have sandwiches: Brown bread, margarine, jam, peanut butter, Egg (twice a week), polony/ vienna (once a week), Cheese (once a week) Take water bottle to school with water if needed. Fresh fruit.					Soup / Sandwiches/ Salad	Soup / Sandwiches/ Salad	
<b>Snack after school (If needed)</b>	Maheu Fruit if available Sandwiches / left overs							

Children's Village Sample Menu - continued							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK ONE</b>							
<b>Evening meal</b> All main dishes to be served with a starchy food (pap, rice, samp) AND Total of at least 150g vegetable per person	Home-made fish cakes Potatoes Peas Salad	Beef liver Rice Onions Tomatoes	Chicken and many vegetables stew Pap	Beef mince with soya Rice Pumpkin Spinach	Maas Phutu Fruit	Chicken curry Rice Butternut Cabbage	Beef, bean stew Roast potatoes Tomato and onion relish Oven baked vegetable medley
<b>WEEK TWO</b>							
<b>Evening meal</b> All main dishes to be served with a starchy food (pap, rice, samp) AND Total of at least 150g vegetable per person	Chicken pieces Pap Green beans Cabbage salad	Maas Phutu Fruit	Savoury samp and beans Tomato relish Spinach	Portuguese Chicken Rice Yellow salad Broccoli	Chicken liver Onions Pap Tomato mixed salad	Boerewors Pap Tomato and onion relish Colourful coleslaw Beetroot salad	Roast chicken Rice Carrots Green beans Gravy
<b>WEEK THREE</b>							
<b>Evening meal</b> All main dishes to be served with a starchy food (pap, rice, samp) AND Total of at least 150g vegetable per person	Beef and soya mince, onion, tomato, grated carrot Macaroni	Chicken and many vegetables stew Pap	Vegetable biryani with lentils	Maas Phutu Fruit	Bean stew Pap Carrots, green beans, cauliflower	Curry Chicken Rice Onions Green salad	Braised Beef Potatoes Carrot salad Cabbage Gravy
<b>WEEK FOUR</b>							
<b>Evening meal</b> All main dishes to be served with a starchy food (pap, rice, samp) AND Total of at least 150g vegetable per person	Savoury samp and beans Red salad	Chicken liver peri peri Onions Rice Cabbage salad	Maas Phutu Fruit	Curry Beef Stew Onions, leeks, celery Pap Spinach	Roast chicken pieces Savoury rice Beetroot salad	Beef and soya mince patties Pap Butternut Savoury spinach	Roast Chicken Rice Cucumber Carrot salad

<b>CHILDREN 2 – 10 YEARS: BASIC CYCLE MENU: Urban</b>							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Maize meal porridge  Milk Sugar	Morvite  Milk Sugar	Maize Meal porridge  Milk sugar	Maltabella porridge  Milk Sugar	Oats porridge  Milk Sugar	Breakfast cereal  Milk Sugar	Scrambled eggs Curry vegetables Toast Margarine Tomato sauce
Morning snack / food box	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Muffin  Yoghurt	Peanut butter biscuit Fruit juice
Lunch / Food box	Brown bread Margarine Sliced cheese  Water	Brown bread Margarine Boiled egg with mayonnaise  Water	Brown bread Margarine Peanut butter Jam  Water	Brown bread Margarine Boiled egg with mayonnaise  Water	White bread Margarine Peanut butter Jam  Water	Pilchard fish cakes Brown bread Margarine Beetroot salad  Squash	Creamy chicken pasta Mixed vegetables Jelly & custard Water
Afternoon snack	Milk  Fruit	Yoghurt	Milk  Fruit	Maas	Yoghurt  Fruit salad	Milk	Milk  Fruit
Supper	Beef mince & soya mince stew  Sweet potato with apple  Cabbage or Green beans  Water	Pilchard kedgeree  Cabbage and carrot salad  Water	Chicken liver Brown onion soup  Putu / pap  Onion, tomato	Macaroni cheese  Tomato	Chicken stew & split peas  Pap  Carrot & orange or pineapple salad  Water	Bean and vegetable soup  Brown bread Margarine	Spicy lentil curry Rice Yoghurt and peanut sauce  Water

## Menu for a child and youth care centre Weeks a - d

### **MENU GUIDELINES:**

- Drinking water: always available. Pre-schoolers to be given water to drink, but must also be able to help themselves.
- Breakfast: same meal served to all children. Children older than 6 months but under the age of 2 to receive Commercial Infant Cereal
- Morning snack / at school: Preschool children receive menu item. Milk only given to pre-schoolers. School going children receive snack from National Nutrition Programme at school. Food taken in food box may be eaten at any time at school, or after school. Amount of food in food box to be age appropriate. Water to be taken to school if drinking water is not available.
- Lunch: Preschool children and primary school children back at the centre before 12h30 receive menu item. Older children may finish food box after school.
- Afternoon snack / after school: Served to all.
- Dinner: Served to all. To be given to younger children before they are sleepy.
- During school holidays: All children get the menu as is.

### **SOUTH AFRICAN GUIDELINES FOR HEALTHY EATING**

- Enjoy a variety of foods
- Be active!
- Drink lots of clean, safe water
  - Make starchy food part of most meals
  - Eat plenty of vegetables and fruits every day
  - Eat dry beans, split peas, lentils and soya regularly
  - Fish, chicken, lean meat or eggs could be eaten daily
  - Have milk, maas or yoghurt every day
    - Use fat sparingly; choose vegetable oils rather than hard fats
    - Use salt and food high in salt sparingly
    - Use sugar and food and drinks high in sugar sparingly

<b>WEEK A Children's home</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast	Maize meal porridge Milk Sugar	A+ cereal Milk	Oats porridge Milk Sugar	A+ cereal Sugar	Mabella porridge Milk Sugar	A + cereal Milk	Oats Porridge Milk Sugar French toast grated cheese
Morning snack / At school	Brown bread Egg mayonnaise Milk	Brown bread Margarine Jam Milk	Brown bread Margarine Scrambled egg Milk	Brown bread Peanut butter and jam	Brown bread Margarine / mayonnaise Cheese	Brown bread Margarine Jam	Scones Margarine Jam
Lunch	Cold beef and soya mince balls Potato salad Grated carrot	Cheese wedges Brown bread Margarine Tomato salad	Baked beans in tomato sauce Mashed potato Broccoli	Cold chicken pieces Rice salad Cucumber pieces	Home-made fish bites Yellow salad	Maas Phutu Fruit	Grilled chicken Rice Carrot and orange salad Beetroot salad
Afternoon	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Dinner	Pilchard kedgeree Beetroot Green peas	Savoury samp and beans Tomato relish	Chicken, barley and vegetable stew	Bean vegetable stew in brown onion soup Steamed bread	Beef, potato and vegetable stew Pap	Vegetable biryani	Spaghetti bolognaise Colourful coleslaw (Mince and soya mix)

Where commercial brand names have been used it is because these foods are donated to the home by the manufacturers. Other products from the same food groups may be used.  
Drinking water always available.

<b>WEEK B Children's home</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast	A+ cereal Milk	Oats porridge Milk Sugar	A+ cereal Sugar	Mabella porridge Milk Sugar	A + cereal Milk	Oats Porridge Grated apple Milk Sugar	Mabella Porridge Milk Sugar Scrambled egg Tomato
Morning snack / At school Milk for pre- schoolers	Brown bread Margarine Jam Milk	Brown bread Egg mayonnaise Milk	Brown bread Peanut butter and jam Milk	Brown bread Margarine / Mayonnaise Cheese	Brown bread Peanut butter Jam	Brown bread Margarine Jam	Spicy Muffins Margarine Jam
Lunch	Egg and potato cakes Beetroot salad	Baked beans Baked potato Tomato	Fried egg in toast holes	Paella with vegetables and beans	Maas Phutu Fruit	Toasted pilchard sandwiches Mayonnaise	Beef and bean stew Rice Butternut, roasted Spinach, savoury
Afternoon snack / after school	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Dinner	Beef and soya meat balls Savoury rice Baked veg medley	Chicken liver peri-peri Pap Butternut	Fish and potato pie Colourful coleslaw	Chicken, roast Savoury rice Mixed vegetables	Lentil and vegetable curry Rice	Portuguese Chicken Pap Cabbage	Savoury macaroni cheese Mixed salad

<b>WEEK C Children's home</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast	Maize meal porridge Milk Sugar	A+ cereal Milk	Oats porridge Milk Sugar	A+ cereal Sugar	Mabella porridge Milk Sugar	A + cereal Milk	Oats Porridge Milk Sugar French toast Grated cheese
Morning snack / At school	Brown bread Egg mayonnaise Milk	Brown bread Margarine Jam Milk	Brown bread Margarine Scrambled egg Milk	Brown bread Peanut butter and jam	Brown bread Margarine / mayonnaise Cheese	Brown bread Margarine Jam	Home-made coconut crunchies
Lunch	Bean and vegetable soup	Lentil and vegetable curry	Cream of chicken soup	Maas Phutu Fruit	Tomato lentil soup	Sloppy joes (beef).	Roast chicken Stuffing Baked veg medley
Afternoon snack / after school	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Dinner	Chicken stew 4 in 1 soup mix Vegetables	Spaghetti Bolognaise sauce Salad	Savoury samp and beans Tomato relish	Fried chicken Rice Carrots Green beans	Fish and potato pie Mixed salad	Butternut, sweet potato lentil babotie	Vetkoek with cheese

<b>WEEK D Children's home</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast	A+ cereal Milk	Oats porridge Milk Sugar	A+ cereal Sugar	Mabella porridge Milk Sugar	A + cereal Milk	Oats Porridge Grated apple Milk Sugar	Mabella Porridge Milk Sugar Fried egg Fried tomato
Morning snack / At school	Brown bread Margarine Jam Milk	Brown bread Egg mayonnaise Milk	Brown bread Peanut butter and jam Milk	Brown bread Margarine Scrambled egg	Brown bread Margarine / Peanut butter	Brown bread Margarine Jam	Banana bread Margarine
Lunch	Baked beans on toast	Butternut soup	Maas Phutu Fruit	Toasted cheese sandwiches		Beans soup with greens	Cottage pie Mashed potatoes Veg medley
Afternoon snack / after school	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Dinner	Fish cakes Rice Savoury spinach	Farmhouse chicken casserole Potatoes	Beef, bean and carrot stew Pap	Chicken curry Rice Carrots Green beans	Chicken liver in sauce Pap Mixed salad	Sticky chicken drumsticks Sweetcorn and pumpkin fritters	Spanish scrambled egg Baked beans Tomato Toast



**SAMPLE MENU FOR CARE HOME FOR DISABLED ELDERLY SEMI RURAL**

	<b>PORTION SIZE</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>
<b>Early morning tea: 06h00</b>									
Starch	40 – 80 g	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread
Spread	15 g	Margarine	Margarine	Jam	Margarine	Margarine	Jam	Margarine	Jam
Tea	-	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Sugar	10 g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Milk	50 ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>Breakfast: 8h00</b>									
Starchy food, dry weight	40 – 60 g	Future life	Soft oats porridge	Sour morvite	Future life	Soft mabella porridge	Soft oats porridge	Future Life	Soft mabella porridge
Milk	100 ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Sugar	10 g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Tea	-	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Sugar	10 g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Milk	50 ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>Morning Tea: 10h30</b>									
Tea	-	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Sugar	10 g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Milk	50 ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Starchy food (Optional)	40 – 80 g	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread
Spread	15 g	Jam	Margarine	Margarine	Jam	Margarine	Margarine	Jam	Margarine
<b>Lunch: 13h00</b>									
Main dish	70 – 150 g	Tripe	Baked fish – mix hake and pilchards	Grilled chicken (110g)	Stewed beef and beans (60g stew beef, 30 g beans)	Liver cakes	Chicken feet stew	Samp and beans	Stewed chicken (80 g)
Starchy food, dry weight for grains	40 – 100 g	Mealie meal	Savoury rice	Stiff porridge	Samp	Potatoes	Stiff porridge	Samp	Rice

	<b>PORTION SIZE</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>
Vegetable/s (optional – cook some with main dish)	120 – 180 g	Butternut Tomato Onion	Beetroot salad Steamed cabbage	Spinach with peanut butter Potato, onion, carrots	Butternut / Pumpkin Tomato, onion potato – in stew	Glazed carrots Tomato Onion	Beetroot salad Green beans Potato Onion	Tomato relish Cabbage and carrot salad	Spinach Onion Carrot Tomato Green beans
Gravy / sauce		Tomato puree gravy	White sauce	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Oil	10 ml	Oil	Oil	Oil	Oil	Oil	Oil	Oil	Oil
<b>Afternoon tea: 16h00</b>									
Fruit	100 – 150g	Available fruit – price taken to consideration. Extra vegetables served at meal time if fruit is too expensive.							
Tea	-	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
Milk	50 ml	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Sugar	10 g	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar
Bread (optional)	40 – 80 g	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread	Brown bread
Margarine	5 – 10 g	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
<b>Supper: 19h00</b>									
Main dish	70 – 150 g	Mutton flavoured soya soup	Bean soup with greens Beef with bones (30g)	Maas	Thick vegetable soup	Baked bread and egg savoury dish	Vegetable biryani	Maas	Scrambled egg
Starchy food, dry weight for grains	30 – 100 g	Potato	Barley	Phutu	Four in one soup mix Potato		Rice	Phutu	Bread
Vegetable / s	120 – 180 g	Carrots Green beans	Greens		Soup vegetables	Tomato			Mixed salad
Oil	10 ml	Oil	Oil		Oil	Oil	Oil		Margarine
<b>Other</b>									
Drinking water always available									
Where commercial brand names have been used it is because these foods are donated to the home by the manufacturers. Other products from the same food groups may be used.									