



MALESEDI EGD
CENTRE & AFTERCARE

Weekly Meal Plan

GROUP 1: INFANTS & TODDLERS (Newborn – 2 Years)

Meal Time	Monday & Wednesday (Day 1 & 3)	Tuesday & Thursday (Day 2 & 4)	Friday (Day 5)
Breakfast	Soft maize porridge with milk	Oats porridge with milk	Maltabella porridge
Mid-Morning Snack	Mashed banana	Watermelon pieces (age appropriate)	Pawpaw pieces (soft and mashed)
Lunch Meal	Minced chicken with mashed potatoes and pumpkin	Soft rice with minced beef and mixed vegetables	Chicken stew with mashed sweet potatoes
Aftercare Meal	Plain yoghurt with soft pear pieces	Custard and banana slices	Yoghurt and soft biscuits

GROUP 2: PRESCHOOL & AFTERCARE CHILDREN (3 – 6 Years)

Meal Time	Monday & Wednesday (Day 1 & 3)	Tuesday & Thursday (Day 2 & 4)	Friday (Day 5)
Breakfast	Maize porridge with milk and whole wheat toast	Oats porridge and fruit	Soft scrambled eggs with toast
Mid-Morning Snack	Banana and water	Apple slices	Seasonal fruit
Lunch Meal	Chicken stew, rice and mixed vegetables	Beef mince with mashed potatoes and pumpkin	Samp and beans with chicken pieces
Aftercare Meal	Peanut butter sandwich and milk	Yoghurt and biscuits	Cheese sandwich and fruit juice

Meal Plan Rule & Important Information

Allergies and Dietary Requirements

- ✓ Parents must inform the school of any food allergies, intolerances, or special dietary needs.
- ✓ Individual dietary plans will be followed where necessary.

Hygiene and Food Safety

- ✓ All meals are prepared in a clean and hygienic environment.
- ✓ Staff must wash hands before handling food.
- ✓ Perishable foods are stored at safe temperatures.

Balanced Nutrition

- ✓ Meals include carbohydrates, proteins, fruits, vegetables, and dairy products to promote healthy development.
- ✓ Sugary drinks and excessive sweets are discouraged.

Infant Feeding Instructions

- ✓ Breast milk, formula, bottles, and feeding schedules for infants must be supplied and clearly labelled by parents.
- ✓ No new foods will be introduced without parental consent.

Choking Prevention

- ✓ Foods are served according to age and developmental stage.
- ✓ Hard sweets, whole nuts, popcorn, and other choking hazards are not permitted.

