



Busy Bambini

MENU STAGE 4: 12 months +

MENU STAGE 4 12 months +	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Breakfast	Oats	Purity Maize	Cooked Maize	Pronutro	Mielie meel
Morning snack	Milk Feed & Seasonal Fruit	Milk Feed & Banana Bread	Milk Feed & Seasonal Fruit	Milk Feed & Banana Bread	Milk Feed & Seasonal Fruit
Lunch-Stage 4 12 months +	Fish fingers & sweet potato mash	Mickey Mouse Pasta bows & mince	Mini Chicken fingers, mash potatoes & cucumber shapes	Meat balls in tomato sauce with wedges and apple slices	Mini Heart 7 Star shaped pizzas
Snack	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box
Week 2					
Breakfast	Mielie Meel	Pronutro	Cooked Maize	Oats	Weet-bix
Lunch-Stage 4 12 months +	Sweet potato Cottage pie	Chicken & Veg Mini pies	Spaghetti Bolognaise	Fish cakes & Mash potatoes	Vetkoek pockets & mince
Snack	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box
Week 3					
Breakfast	Mielie Meel	Pronutro	Cooked Maize	Oats	Weet-bix
Lunch-Stage 4 12 months +	Chicken Nuggets & sweet potato waffle fingers	Worsie, wedges & pampoenkoekies	Chicken & Veggie Pasta	Bobotie & Yellow Rice	Mac & Cheese
Snack	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box
Week 4					
Breakfast	Oats	Weet-bix	Cooked Maize	Pronutro	Mielie meel
Lunch-Stage 4 12 months +	Chicken Faces with Carrots	Muffins with cheese and apple wedges	Spaghetti Bolognaise	Mini sweet potato or zucchini flap jacks & chicken meatballs	Mini Toasted cheese fingers and chippies
Snack	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box	Own Snack/ Mamma's Lunch box

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