



MENU REPORT

St Marcel Academy

february 2023

Summary

This menu was created for St Marcel Academy by Mrs Fathima Abdoola, Owner of Eat Smart and an Accredited Practising Dietitian & Nutritionist. The goal being to ensure the meals provided are both nutritional adequate for the children and appealing. The menu redevelopment incorporated both the old menu and new suggestions to create a 28-Day menu that can be used for each age group within the academy.

This Menu is intended to meet the nutrition and hydration needs of students aged 18month to 12 years. Based on the profile analysis and current guidelines for nutritional needs of children, this was split into 3 categories. Namely children aged 18-36 months, 3-7 years and 8-12 years. The core objective behind this menu redevelopment is to provide safe, balanced and nutritious meals to all children ensuring visual and sensory appeal.

Fun meals are included at a 20% rate , as recommended by the Dietary Guidelines. Meals are varied in terms of proteins, carbs & cuisines. The portions are the core difference between age groups, as well the the texture (i.e. younger children consume softer foods to reduce choking risk). The menu aims to meet the recommended servings per day from each food group, with an assumption that the meals provided to children at home by their parents will meet the remainder.

Children with allergies and intolerances, will need to work with the current menu and Academy staff to make necessary amendments e.g. use of soy instead of cows milk, omission of nuts, use of separate cooking utensils etc.

Children who are fussy eaters, will be supported in a nurturing environment, but will not be forced to eat. Parents will be supported with guidance from a health professional to address this issue and it not expected from the school to provide the solution, rather support the in implementation of management plan.



Nutrition for Children

Nutrition For Children

Diet is central to health, and what children eat is an important influence on their health now and in the future. Good nutrition in childhood can help protect against chronic diseases later in life.

Obesity levels in children are increasing and dental decay continues to be significant problem. Many surveys are repeatedly showing high consumption of confectionaries and high fat/salt savoury snacks.

In addition, a recent STEPS Survey demonstrated over 90% of children are not consuming enough fruits and vegetables.

Children need sufficient nutritious foods to grow and develop normally. This is the core reason as to why a well-balanced diet should be offered. This can be achieved by encouraging children to enjoy a wide range of nutritious foods.

Children within the 3–7 years age group will consume smaller portions due to their smaller size vs 8–12 year olds.

Children need to consume food from all the food groups to get the variety and nutrients they need for strong bodies and minds.

Toddler

Nutrition requirements will be lower in this age group (18–36 months) and as such the portion sizes served would be the key aspect that will be different. Cutting food into **smaller pieces** to make it easier to eat and ensuring eating is not forced is important in this age group. Appetite will vary from day to day.

A few foods are considered **choking hazards** such as popcorn and nuts.

Children not consuming enough fruit & vegetables

90%



Food groups

1

Cereals and grains

These provide carbohydrates, which the body uses for energy. Carbohydrates are brain fuel and key to concentration in class. Wholegrain or wholemeal varieties contain more fibre and overall beneficial nutrients.

3

Vegetables & Legumes

A key source of minerals and fibre and should be included in meals and snacks. Choose a variety, buy aiming for a colourful plate.

5

Dairy

include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for children because of their high energy needs. The main dietary source of calcium, important for healthy bones and teeth.

2

Fruit

A key source of minerals and fibre and should be included in meals and snacks. Include a variety by eating seasonally

4

Meat, fish, poultry, eggs, nuts, seeds,

Meat and its alternatives are rich in protein, iron and zinc, and essential for children's growth and development. It is best to choose lean meat and skinless poultry to ensure children's diets do not contain too much saturated fat.

6

Healthy Fats

Healthy fats are essential for brain health, vitamin absorption and much more.

- Choose **water** as a drink and care should be taken to:
- Limit **saturated fat** and moderate total fat intake fried or **sweet foods and confectionaries** as the main sources.
- Choose foods low in **salt**
- Consume only moderate amounts of **sugars** and foods containing added sugars.



Recommended Intake

Within the various food groups, it is important to understand how many servings should be consumed of each and what makes up a serving.

FOOD GROUP	SERVINGS PER DAY		
	18-36 MO	3-7 YRS	8-12 YRS
Cereals & Grains	4	4	5-6
Vegetables & Legumes	2.5	4.5	5.5
Fruit	1	1.5	2
Dairy	1.5	2	3
Meat, fish, poultry, eggs, nuts, seeds,	1	1.5	2.5
Healthy Fats	1	1.5	2



Serving Sizes

Serving sizes are used to recommend the correct amounts of foods needed from each food group for good health.

Cereals & Grains

1/4 cup cooked Nshima	1/2 cup cereal
20g Samp	1.5 Weetbix or Nutrific
1/2 cup cooked pasta	1/2 cup cooked oats
1/3 cup cooked rice	1/4 cup unsweetened natural muesli
1/2 cup cereal	1/3 cup cooked quinoa
1 slice bread	1/3 cup cooked couscous
1/2 bread roll	2 Wheats Worth or Cream crackers
1 small Roti or Chipatti (30g)	2 Crackerbread
1/2 small pita bread	2 Provita
2/3 shawarma wrap	3 cups popped corn

Vegetables & Legumes

1 medium potato	1/2 cup beans or chickpeas
1/2 cup mashed potato	1/2 cup Cassava
1/2 cup sweet potato	
1 cup Butternut	1/2 cup Lentils
2 medium gemsquash	1/2 cup Groundnuts
1/2 cup corn/maize kernels	1 cup salad
1 medium cob of maize	1/2 cup cooked vegetables
1/2 cup Busala (Yam)	



Serving Sizes

Serving sizes are used to recommend the correct amounts of foods needed from each food group for good health.

Fruit

1 medium apple, orange or pear	3/4 cup pineapple
1/2 medium mango	1 large peach
1/2 a medium custard apple	2-3 apricots
1 cup rock melon	2 medium plums or nectarines
1 small banana or 1/2 large banana	1/2 cup unsweetened juice
1 cup watermelon (cubed)	3/4 cup of fruit salad
1 cup paw-paw	3 dates
20 medium grapes	2 tablespoons raisins or sultanas
3/4 cup blueberries	2 dried mango strips (15g)
1 cup strawberries	3 dried pawpaw strips (25g)
12 cherries	
2 Figs	

Proteins & Dairy

100g portion of cooked meat/poultry/fish	250ml milk or sour milk
1 handful tree nuts	200g plain yoghurt
170g tofu	100g sweetened yoghurt
100g soya mince/chunks	4 tablespoons full cream milk powder
75g insects	3 tablespoons skim milk powder
2 Eggs	40g (2 slices or a matchbox size) cheese
	250ml unsweetened custard



Serving Sizes

Serving sizes are used to recommend the correct amounts of foods needed from each food group for good health.

Healthy Fats

- 1 handful nuts
- 1 teaspoon vegetable oil
- 2 tablespoons avocado
- 1 tablespoon seeds
- 2 teaspoons peanut butter
- 8 olives
- 1 tablespoon mayonnaise

Other

- 1 teaspoon honey
- 1 tablespoon sauce
- 1 tablespoon salad dressing

Sometimes Foods

- | | |
|---|--|
| 1 teaspoon butter | 2 small scoops ice cream |
| 1/3 of a meat pie (60g) | 2-3 sweet biscuits |
| 2 slices processed meats
(e.g. polony) | 4 squares milk chocolate (25g) |
| 1.5 sausages | 5-6 lollies (40g) |
| 1 tsp jam/sugar | 1 slice plain cake or small muffin (40g) |
| 1 tsp butter | 1 doughnut |
| 25g crisps | 12 hot chips |



Putting it all together

Now that we have covered the basics, it may seem overwhelming to try and figure out how to put all this information together. One of my favourite tools that I have is the Healthy Plate Model. The Healthy Plate Model is an incredibly useful tool to use to assist you in achieving a well-balanced diet. There is no "one size fits all" when it comes to diets. Your requirements will vary depending on your age, gender and activity levels. Aiming for a variety of foods daily and sticking to the right portions is key to maintaining your health.

Healthy Plate Model



Special Needs

Allergies

A food allergy is an abnormal response of the body to a certain food. It is important to know that this is different than a food intolerance, which does not affect the immune system, although some of the same symptoms may be present.

Eggs, milk, and peanuts are the most common causes of food allergies in children, with wheat, soy, and tree nuts also included. Peanuts, tree nuts, fish, and shellfish commonly cause the most severe reactions.

There is no medication to prevent food allergy. The goal of treatment is to avoid the foods that cause the symptoms. Make sure you see your family doctor and get a thorough test before eliminating any foods that you suspect allergies and intolerances.

Intolerances

Food intolerance does not affect the immune system. Symptoms of food intolerance include:

- bloating
- diarrhoea
- stomach pain
- headaches
- mouth ulcers.

Food intolerance symptoms are often delayed. They can appear hours to days after you've eaten the food you're intolerant of. The most common food intolerances are to:

- lactose, which is the sugar in cow's milk and dairy products
- wheat
- food additives, including artificial preservatives and flavour enhancers like MSG
- fructose, which is the sugar in fruit

Children affected
by allergies &
intolerances

8%



MENU OVERVIEW

	BREAKFAST (0815HRS)	MORNING SNACK 1000HRS	LUNCH 1145HRS	AFTERNOON SNACK 1500HRS
Monday	Bread	Banana	Potato- Chicken Potato- Beef Potato-Fish Potato-Pork/Beans	Snack
Tuesday	Fruit in breakfast	Fun snack	Nshima- Chicken Nshima- Beef Nshima- Fish Nshima- Pork/Beans	Snack
Weds	Egg	Fruit	Pasta- Chicken Pasta- Beef Pasta- Fish Pasta- Soy/Lentil	Fun snack
Thursday	Fun Meal	Fruit	Rice- Chicken Rice- Beef Rice- Fish Rice- Soy/Lentil	Snack
Friday	Cereal	Fruit	Fun Meal Pizza Enchilada Sandwich Tacos/Wraps Pastry	Snack

8-12
years

Menu

4 weeks



Readers appreciate
accurate information

WEEK 1

MEAL

	BREAKFAST 0800HRS	MORNING SNACK 1000HRS	LUNCH 1145HRS	AFTERNOON SNACK 1500HRS
Monday	<p>2 slices Toast 2 tablespoons Peanut Butter</p> 	<p>2-3 Fruit Skewers</p> 	<p>1 Boiled/Jacket potato 1/2 cup beans + 10g grated cheese 1 cup boiled vegetables (carrots, green beans & cauliflower)</p> 	<p>1/2 cup Roasted Groundnuts</p> 
Tuesday	<p>150g Fruit Yoghurt 1 cup Fruit Salad Puffed Rice</p>	<p>2-3 Choc Chip Oat Cookies</p>	<p>1- 1.5 lumps Nshima/Fufu 2 pcs Chicken curry 1.5 cups cooked cabbage</p>	<p>2 cups Popcorn</p>
Weds	<p>2 Scrambled egg 2 Lean Sausages 1-2 slice bread</p>	<p>1 Orange sliced</p>	<p>2 cups Spaghetti Bolognaise with diced vegetables</p>	<p>90g Potato crisps or Maize Puffs</p>
Thursday	<p>2 Waffles with honey, fresh fruit & Chocolate sauce</p>	<p>1 Fruity Frozen Yoghurt Pops</p> 	<p>1 cup Rice 1 cup Dry sardines 1.5 cups Visashi</p>	<p>7 Carrot sticks 2 rice crackers</p>
Friday	<p>1 cup Cornflakes 1/2 cup Milk 1 Banana Sliced</p>	<p>Apple & pear slices</p>	<p>3 Pork/Soy mince Tacos with coleslaw</p> 	<p>1 cob Boiled maize</p>

WEEK 2

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1-2 slices Toast with 2 tsp. Jam or Butter	1 Banana Sliced	2 cups Cowboy pie – Mash Diced vegetables Chicken cubes/mince 	2 Mini Oat Muffins
Tuesday	1 Blueberry & Oat muffins + 1/2 cup Fruit	3 Wafers	1 lump Fufu/Nshima 1 cup Beef Stew 1 cup Sombe	7 Cherry tomatoes & 40g cheese cubes
Weds	3 Egg Muffins	Tinned Peaches & Yoghurt	2 cups Tuna Pasta Bake 	2 Cookies
Thursday	2 Strawberry pancakes with 1 cup fruit salad	1 Apple Sliced	1 cup Chicken/Soya Fricasse with vegetables & 1 cup Rice	20g Cheese 2-3 Crackers Cucumber slices
Friday	2-3 Nutrific + milk + 1 tsp. honey	Melon on Sticks 	6 Chicken nuggets 1 cup Fries 1 cup Green beans	1/2 cup Boiled Groundnuts

WEEK 3

MEAL

BREAKFAST

MORNING
SNACK

LUNCH

AFTERNOON
SNACK**Monday**

1-2 slices Toast &
Avocado Smash
with tomato slices

1 Pear

5 Potatoes
wedges
1 cup Vegetables
1 pce Borewores

1 Mini
Banana
Smoothie

Tuesday

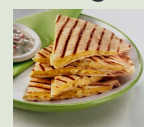
1 cup Fresh fruit &
4-5 mini pancake



1 cup
Custard
with
Stewed
Fruits

1 lump Nshima
2 Grilled fish fillets
1 cup Katapa

3 Cheesy
Zebra
Wedges

**Weds**

2 egg Cheesy
Omelette +
mushrooms

1 cup
Pawpaw or
Mango
slices

1.5 cups Macaroni &
cheese
with 1/2 cup Beans

1 slice
Chocolate
Cake

Thursday

1 cup Cocopops
1/2 cup milk

20 Grapes

2 cups Egg fried
rice
Beef mince

5 Carrot sticks
& 1/2 cup
Yoghurt Dip

**Friday**

1 cup Mealie Meal
Porridge with
groundnuts

1/2 a cup
Fruit Salad

2-3 slices Pizza

9 Pretzels &
20g Cheese
Sticks

WEEK 4

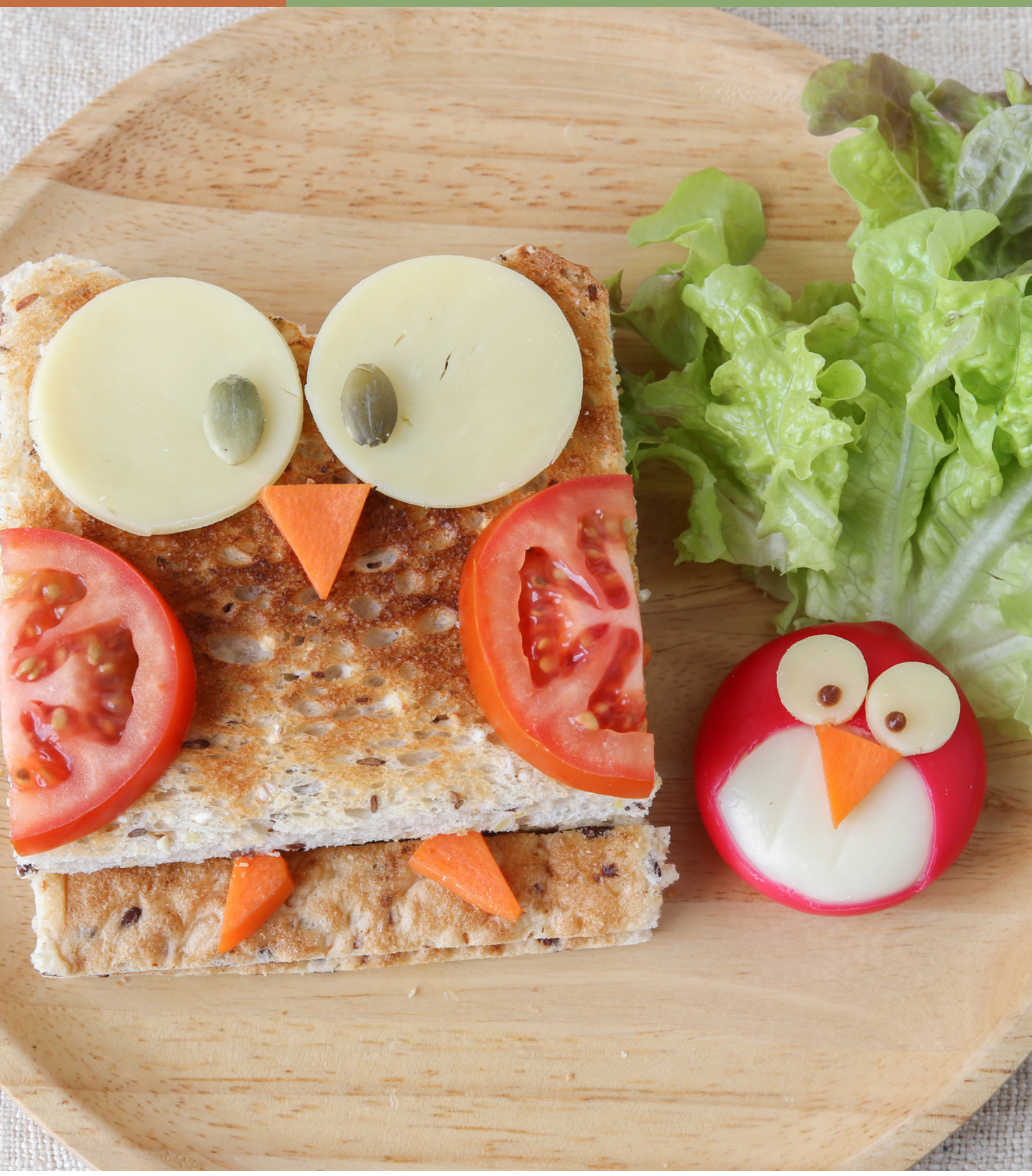
MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1-2 slices Toast & 1/2 cup Baked Beans	1 Nachi or Orange	5 Fish fingers 1 cup Mash 1 cup Boiled carrots & peas	1-2 pcs. Muesli Slice
Tuesday	2-3 Volcano Breakfast buns	1 Banana + 1/4 cup choc chips	1 lump Nshima 1/2 cup Beans in Gravy 1 cup Okra/Impwa/Rape	3 Corn Fritters
Weds	1 Breakfast wrap with cheese, egg, corn, peppers & tomatoes	2-3 Stone fruit (if in season)	2 cups Sweet & sour noodles with stir-fry veg & Chicken strips	1 Vanilla Cupcakes or 2 Biscuits
Thursday	2 slices French Toast with fresh fruit	1 Pear	1/2 cup Dhal 1 cup Rice 1 cup Indian vegetables	1 Mini Tomato & Cheese Toast
Friday	1 cup Oat porridge	3 Watermelon Wedges	3 Enchiladas 	1/2 cup Boiled Sweet potato & Sourmilk

3-7
years

Menu

4 weeks



WEEK 1

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	<p>1 slice Toast 1 tablespoons Peanut Butter</p> 	<p>1-2 Fruit Skewers</p> 	<p>1 Boiled potato 1/2 cup beans + 10g grated cheese 1 cup boiled vegetables (carrots, green beans & cauliflower)</p> 	<p>1/2 cup Roasted Groundnuts</p> 
Tuesday	<p>100g Plain Yoghurt 1/2 cup Fruit Salad 1/2 cup Puffed rice</p>	<p>1-2 Choc Chip Oat Cookies</p>	<p>1/2 - 1 lump Nshima/Fufu 1 pcs Chicken curry 1 cup cooked cabbage</p>	<p>1.5 cups Popcorn</p>
Weds	<p>1-2 Scrambled egg 1 Lean Sausages 1 slice bread</p>	<p>1 Orange sliced</p>	<p>1- 1.5 cups Spaghetti Bolognaise with diced vegetables</p>	<p>40g Potato crisps or Maize Puffs</p>
Thursday	<p>1 Waffles with honey, fresh fruit & Chocolate sauce</p>	<p>1 Fruity Frozen Yoghurt Pops</p> 	<p>1/2 cup Rice 1 cup Dry sardines 1 cup Visashi</p>	<p>3-5 Carrot sticks + 1 rice crackers</p>
Friday	<p>1/2 cup Cornflakes 1/4 cup Milk 1/2 Banana Sliced</p>	<p>1 cup Apple & pear slices</p>	<p>1-2 Pork/Soy mince Tacos with coleslaw</p> 	<p>1/2 cob Boiled maize</p>

WEEK 2

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice Toast with 1 tsp. Jam or Butter	1 Banana Sliced	1-1.5 cups Cowboy pie – Mash Diced vegetables Chicken cubes/mince 	1 Mini Oat Muffins
Tuesday	1 Blueberry & Oat muffins + 1/2 cup Fruit	1-2 Wafers	1/2 – 1 lump Fufu/Nshima 1/2 cup Beef Stew 1 cup Sombe	5 Cherry tomatoes & 20g cheese cubes
Weds	1-2 Egg Muffins	Tinned Peaches & Yoghurt	1 cups Tuna Pasta Bake 	1 Cookie
Thursday	1 Strawberry pancakes with 1 cup fruit salad	1 Apple Sliced	1/2 cup Chicken/Soya Fricasse with vegetables & 1/3 cup Rice	20g Cheese 2-3 Crackers Cucumber slices
Friday	1-2 Nutrific + milk + 1 tsp. honey	Melon on Sticks 	3 Chicken nuggets 1 cup Fries 1 cup Green beans	1/2 cup Boiled Groundnuts


WEEK 3

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice Toast & Avocado Smash with tomato slices	1 Pear	3 Potatoes wedges 1/2 cup Vegetables 1 pce Borewores	1 Mini Berry Smoothie
Tuesday	1/2 cup Fresh fruit & 4-5 mini pancake 	1/2 cup Custard with Stewed Fruits	1/2 -1 lump Nshima 1 Grilled fish fillets 1/2 cup Katapa	1-2 Cheesy Zebra Wedges 
Weds	1 egg Cheesy Omelette + mushrooms	1 cup Pawpaw or Mango slices	1 cups Macaroni & cheese with 1/4 cup Beans	1 slice Chocolate Cake
Thursday	1/2 cup Cocopops 1/4 cup milk	10 Grapes, cut in half	1 cup Egg fried rice Beef mince	3 Carrot sticks & 1/2 cup Yoghurt Dip 
Friday	1/2 cup Mealie Meal Porridge with groundnuts	1/2 cup Fruit Salad	1-2 slices Pizza	5 Pretzels & 10g Cheese Sticks

WEEK 4

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice Toast & 1/4 cup Baked Beans	1 Nachi or Orange	3 Fish fingers 1/2 cup Mash 1 cup Boiled carrots & peas	1 pcs. Muesli Slice
Tuesday	1-2 Volcano Breakfast buns	1/2 -1 Banana	1/2 - 1 lump Nshima 1/4 cup Beans in Gravy 1/2 cup Okra/Impwa/Rape	1-2 Corn Fritters
Weds	1 Breakfast wrap with cheese, egg, corn, peppers & tomatoes	1-2 Stone fruit (if in season)	1 cup Sweet & sour noodles with stir-fry veg & Chicken strips	1 Vanilla Cupcakes or 2 Biscuits
Thursday	1 slice French Toast with fresh fruit	1 Pear	1/4 cup Dhal 1/2 cup Rice 1 cup Indian vegetables	1 Mini Tomato & Cheese Toast
Friday	1/2 cup Oat porridge	1-2 Watermelon Wedges	1-2 Enchiladas 	1/4 cup Boiled Sweet potato & Sourmilk

18-36

Months

Menu

4 weeks



Readers appreciate accurate information

WEEK 1

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice soft white bread cut in squares with peanut butter	Fruit cubes	1/2 Jacket potato, mashed 1/4 cup beans + 5g grated cheese 1/2 boiled vegetables cubes (carrots, green beans & cauliflower)	100g Fruit Yoghurt
Tuesday	100g Plain Yoghurt 1 tsp. Honey Stewed fruit cubes	1 mini Choc Chip Oat Cookies	1/2 a lump Nshima/Fufu Shredded Chicken curry Boiled carrot cubes	1/2 cup fruit puree with custard
Weds	1 Scrambled egg 1/2 sausage cubed 1 slice soft bread	Pawpaw cubes	1/2 cups Spaghetti Bolognese with diced vegetables	30g Maize Puffs
Thursday	1/2 a Waffle with honey, stewed fruit & Chocolate sauce	1 Fruity Frozen Yoghurt Pops 	1/2 a cup Rice 1/2 cup saucy sardines 1/2 cup Visashi	Ride Pudding with carrot puree
Friday	1/2 a Mashed banana, softened cornflakes with milk	Stewed Apple & pear cubes	Saucy mince with bread & boiled butternut cubes	1/2 cup mashed sweet potato with sourmilk

WEEK 2

MEAL

BREAKFAST

MORNING
SNACK

LUNCH

AFTERNOON
SNACK**Monday**

1-2 slices soft
bread cubes with 1
tsp. Jam or Butter

1/2 a
Banana
Sliced

1/2 a cup Cowboy pie – Mash
Diced vegetables

Chicken cubes/mince



1 Mini Oat
Muffins

Tuesday

1 mini Blueberry &
Oat muffins + 1/2
cup Fruit

3 Wafers

1/2 a lump
Fufu/Nshima
1/2 a cup Beef Stew
1/2 a cup Sombe

Grated
cheese with
soft white
bread
cubes

Weds

1 Egg Muffins

Tinned
Peaches &
Yoghurt

1/2 a Tuna Pasta
Bake



1 Cookies

Thursday

1 Strawberry
pancakes with
stewed fruit or
fruit puree

1 Apple
Sliced or
stewed
cubes

1/2 a cup
Chicken/Soya
Fricasse with
vegetables & 1/3
of a cup Rice

20g grated
Cheese
Cucumber
slices without
skin

Friday

2-3 Nutrific + milk
+ 1 tsp. honey

Melon on
Sticks



3 Chicken nuggets
1/2 a cup Fries
Boiled carrots

1/2 cup
Boiled
Groundnuts
without skin

WEEK 3

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice soft bread + Avocado Smash with tomato cubes	1/2 cups Blueberries, cut in half	2 Potatoes wedges (no skin) 1/2 a cup Vegetables 1 pce Borewores	1 Mini Berry Smoothie
Tuesday	1/2 cup fruit puree & 2 mini pancakes 	1 cup Custard with Stewed Fruits	1/2 a lump Nshima 1/2 a Grilled fish fillets 1/2 a cup Katapa	1 Cheesy Zebra Wedges 
Weds	1 egg Cheesy Omelette	1 cup Pawpaw or Mango cubes	1/2 a cups Macaroni & cheese with 1/4 cup Beans	1 slice Chocolate Cake
Thursday	1 cup Cocopops 1/2 cup milk	20 Grapes, cut in halves	1 cup Egg fried rice Beef mince	Bread sticks with smashed avocado
Friday	1 cup Mealie Meal Porridge with groundnuts	Fresh fruit cubes	1 slice Pizza	Avocado Custard

WEEK 4

MEAL

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	1 slice soft bread & 1/4 cup Baked Beans	1/2 a cup fruit puree	2 Fish fingers 1/4 cup Mash 1/2 cup Boiled carrots & peas	1 pcs. Muesli Slice
Tuesday	1 soft small bun + 1 boiled egg	1/2 a Banana, sliced	1/2 a lump Nshima 1/4 cup Beans in Gravy 1/2 a cup Okra/Impwa/Rape in gravy	1 Corn Fritter
Weds	1 Breakfast wrap with cheese & egg- cut in sushi style slices	2-3 Stone fruit stewed	1 cup Sweet & sour noodles with stir-fry veg & Chicken mince	1 Vanilla Cupcakes or 2 Biscuits
Thursday	1 slice French Toast with fresh fruit	1 Pear (soft)	1/4 cup Dhal 1/2 a cup Rice 1/2 a cup Indian vegetables	1 Mini Cheese Toast
Friday	1 cup Oat porridge	1/2 cup watermelon cubes	1 Enchilada 	1/2 cup Boiled Sweet potato & Sourmilk

Fun Nutrition Facts

Breakfast is NOT the most important meal of the day. In 1944, General Foods coined the phrase to sell more cereal.

Drinking milk is a great way to get calcium, the mineral important for building strong bones.

Apple sauce was the first food eaten in space

Pistachios aren't nuts they are actually fruits

Beans are both a great source of protein and carbohydrates

Cucumbers are 95% water

Almonds are seeds not nuts

Avocados are rich in healthy fats, which are great for your brain

Soups are a great source of hydration

Blending vegetables into sauces is a great way to get more veggies into your kids

Any stress on the body, including sickness, affects your child's appetite.

Hydration is the most important thing when treating a sick child

There are around 2000 different plant types that humans use to cultivate food

The sweet potato is a root vegetable and is not closely related to the potato.

Pumpkins are usually labelled as vegetables but they contain seeds and are technically fruit.

Apples contain the same amount of caffeine as tea

Eating bananas can help fight depression

Broccoli is a good source of calcium

Leafy greens are a great source of Iron

Breastmilk is the only single food that provides all the nutrients we need

Vitamins help your body stay healthy and fight disease. Vitamins are found in fruit and vegetables.

Protein, which is found in meat, milk products, beans and fish, builds muscles and repairs damage.

The original carrots were purple and yellow, not orange

Carrots are sweeter in winter



Summary

This menu is designed to meet the nutrition required of children ages 18 months to 12 years. It contains enough variety across the monthly menu cycle to allow for flexibility and dietary diversity.

While a well structured school menu is great, there is always going to be more aspects required in order for it to be effectively implemented.

Not only should the school be invested in a child's nutrition, but the staff and parents should be educated and on the same page.

Offering educational workshops when presenting your new menu can be a helpful tool to answer common questions alongside an expert and provide advice around fussy eating, allergies, intolerance and beyond.

Educate

Gain accurate nutrition information

Empower

Learn how to implement the knowledge, through supporting parents.

Encourage

Provide ongoing support and encouragement to achieve goals

We thank you for your trusting and supporting our mission for a healthier population.



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Eat Smart Nutrition & Dietetics

Please note the content of this menu is based on international and national recommendations for a healthy diet and there will always be exceptions based on individual requirements. For personalised solutions please contact our nutrition experts directly.

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