



Little Ashford

Nurturing your child's potential

WINTER

WEEKLY MENU PLAN

WEEK ONE

MONDAY

BREAKFAST

Mielie Porridge

MORNING SNACK

Digestive Biscuits
with Orange Slices

LUNCH

Lentil Spaghetti
Bolognese with Gem
Squash

AFTERNOON SNACK

Homemade Banana
Bread or Muffins

TUESDAY

BREAKFAST

Weetbix served with
Banana and Milk

MORNING SNACK

Apple and Cinnamon
Flap-Jacks or Pancakes

LUNCH

Creamy Macaroni and
Cheese with Green
Beans

AFTERNOON SNACK

Cheese Sandwiches with
Fruit

WEDNESDAY

BREAKFAST

Oats

MORNING SNACK

Chicken Soup

LUNCH

Mixed Veggie
Casserole with Potato
served with Rice

AFTERNOON SNACK

Homemade Pizzas

THURSDAY

BREAKFAST

Mielie Porridge

MORNING SNACK

Bran or Savoury
Muffins

LUNCH

Fish Fingers with
Mash and Beetroot or
Pineapple

AFTERNOON SNACK

Cheese Sandwiches
with Fruit

FRIDAY

BREAKFAST

Mabela Porridge

MORNING SNACK

Vegetable Soup or
Fruit Salad

LUNCH

Butter Bean Couscous
with Tomato Gravy
and Cucumber

AFTERNOON SNACK

Cake Squares



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WEEK TWO

MONDAY

BREAKFAST

Mielie Porridge

MORNING SNACK

Digestive Biscuits
with Orange Slices

LUNCH

Asian Egg Fried Rice
with Mixed
Vegetables and Sweet
Chilli or Soy Sauce

AFTERNOON SNACK

Homemade Banana
Bread or Muffins

TUESDAY

BREAKFAST

Weetbix served with
Banana and Milk

MORNING SNACK

Apple and Cinnamon
Flap-Jacks or Pancakes

LUNCH

Creamy Tuna Pasta
with Butternut

AFTERNOON SNACK

Cheese Sandwiches with
Fruit

WEDNESDAY

BREAKFAST

Oats

MORNING SNACK

Chicken Soup

LUNCH

Vegetable Curry
served with Rice or
Couscous

AFTERNOON SNACK

Homemade Pizzas

THURSDAY

BREAKFAST

Mielie Porridge

MORNING SNACK

Bran or Savoury
Muffins

LUNCH

Vegetarian Sausages
with Tomato Gravy
and Mash or Pap

AFTERNOON SNACK

Cheese Sandwiches
with Fruit

FRIDAY

BREAKFAST

Mabela Porridge

MORNING SNACK

Vegetable Soup or
Fruit Salad

LUNCH

Vegetarian Cottage
Pie served with Peas

AFTERNOON SNACK

Cake Squares