



Two-Week Preschool Menu Guide

Menus, recipes and a shopping list for centres running their own feeding

IN THIS GUIDE

1	Letter to principals	page 2
2	The two-week menu For the kitchen wall	page 3–4
3	Why the menu looks like this	page 5
4	Recipes	page 6
5	Breakfasts and snacks	page 17
6	Shopping list and costs Tear out for the shop	page 18–19
7	If you cannot afford all of it	page 20
8	Running the menu	page 22

1 Letter to principals

Dear Principal

Your centre runs its own feeding, out of your own income. This guide is here to help you get the most out of every rand you spend on food.

It is the same two-week menu that KET's feeding scheme uses. It has been through a full review by a nutritionist, Emma Peacock, and a dietician – every meal, every portion. We are sharing it because there is no reason it should only benefit the centres we buy for.

Inside you will find the two-week menu, the thinking behind it, a recipe for every lunch, guidance on breakfasts and snacks, and a shopping list with approximate costs so you can see what it would take to run.

Use as much or as little of it as you can afford. Section 7 sets out what to keep first if the full menu is out of reach, and where the easy savings are. A centre doing three of these meals well is doing better than one doing none.

You are welcome to phone the office if you would like help working out quantities for your own numbers.

Week 1

The two-week menu

Summer 2026/27

Two weeks, then start again at Week 1.

Monday

LUNCH Pilchards in tomato, macaroni, beetroot salad

BREAKFAST

Maize meal porridge

10AM SNACK

½ sandwich with cheese

3PM SNACK

Fruit and milk

Tuesday

LUNCH Scrambled egg with onion, one slice brown bread, cucumber slices

BREAKFAST

Maize meal porridge

10AM SNACK

Fruit and milk

3PM SNACK

½ sandwich with peanut butter

Wednesday

LUNCH Chicken and pasta salad with mixed vegetables

BREAKFAST

Oats

10AM SNACK

Yoghurt, 4 tablespoons

3PM SNACK

Fruit and milk

Thursday

LUNCH Lentils with tomato and onion on krummelpap, with broccoli

BREAKFAST

Maize meal porridge

10AM SNACK

Fruit and milk

3PM SNACK

½ sandwich with jam

Friday

LUNCH Chicken breyani with green beans

BREAKFAST

Oats

10AM SNACK

Boiled egg

3PM SNACK

Fruit and milk

Notes for the kitchen

- Lentils are cooked into the bolognaise with the beef mince. Cook them before they go into the sauce.
- Where children will not drink amasi, serve the alternative given for that day.
- Fruit is cut and served in quarters, not whole. See the note under Snacks.

Week 2

The two-week menu

Summer 2026/27

Two weeks, then start again at Week 1.

Monday

LUNCH Lentil chilli con carne with rice

BREAKFAST
Maize meal
porridge

10AM SNACK
½ sandwich with
cheese

3PM SNACK
Fruit and milk

Tuesday

LUNCH Krummelpap with pilchards and spinach

BREAKFAST
Maize meal
porridge

10AM SNACK
Fruit and milk

3PM SNACK
½ sandwich with
peanut butter

Wednesday

LUNCH Spaghetti bolognaise with mixed vegetables

BREAKFAST
Oats

10AM SNACK
Yoghurt, 4
tablespoons

3PM SNACK
Fruit and milk

Thursday

LUNCH Curry dried beans and green beans with mashed potato

BREAKFAST
Maize meal
porridge

10AM SNACK
Fruit and milk

3PM SNACK
½ sandwich with
jam

Friday

LUNCH Chicken livers with onion, tomato and spinach, with rice

BREAKFAST
Oats

10AM SNACK
Boiled egg

3PM SNACK
Fruit and milk

Notes for the kitchen

- Lentils are cooked into the bolognaise with the beef mince. Cook them before they go into the sauce.
- Where children will not drink amasi, serve the alternative given for that day.
- Fruit is cut and served in quarters, not whole. See the note under Snacks.

3 Why the menu looks like this

The menu is built around five things children this age need every day.

Protein, for growth.

Over the two weeks the children get pilchards twice, chicken twice, chicken livers, beef mince, lentils, dried beans, eggs three times, peanut butter, cheese, yoghurt and milk. Protein comes from a different source almost every day, which is deliberate – variety matters as much as quantity.

Plant protein, at least twice a week.

Lentils and dried beans are not a cheaper substitute for meat. They bring fibre and iron that meat does not, and the dietician asked specifically for two or more plant-protein lunches a week. They are also the best value protein you can buy.

Iron, from dark green vegetables and liver.

Spinach appears twice and chicken livers once. Both are among the best iron sources available at this price. Iron shortage in young children shows up as tiredness, poor concentration and frequent illness.

Vitamin A and colour.

Carrots, beetroot, broccoli, mixed vegetables, tomato and fruit. Children eat with their eyes, and a plate with three colours on it gets eaten.

Energy, from starch.

Porridge, krummelpap, rice, pasta, bread and potato. This is what keeps a child going until the afternoon.

What the nutritionist changed, and why

Change	Reason
Viennas replaced with lentil chilli con carne	Processed meat is poor-quality protein for the price
Cabbage replaced with spinach	Far more iron
Vegetables added to the scrambled egg	A plain egg is a missed opportunity
Cooked carrots added to the amasi option	Vitamin A, and young children can hold them
Green beans or peas instead of butternut with breyani	Greater variety through the cycle
Cheese added to the morning snacks, jam reduced	Jam is mostly sugar and gives nothing back
Yoghurt and boiled eggs added to the snack rotation	More variety, more protein

4 Recipes

Every recipe makes **20 children's portions**. Scale up or down for your numbers — if you have 40 children, double everything.

Season lightly. Salt sparingly, and no chilli or strong spice — these are small children.

WEEK 1 • MONDAY

Pilchards in tomato, macaroni and beetroot salad

Makes 20 children's portions

You need

- ☐ **3 tins** pilchards in tomato
- ☐ **600 g** macaroni
- ☐ **600 g** beetroot
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt

Method

- 1** Boil the beetroot until soft, about 40 minutes. Cool, peel and grate or dice it. Set aside.
- 2** Boil the macaroni in salted water until soft. Drain.
- 3** Fry the chopped onion in a little oil until soft. Add the tinned tomato and simmer 5 minutes.
- 4** Add the pilchards with their sauce. Break them up gently with a spoon and heat through.
- 5** Serve the pilchards over the macaroni, with the beetroot on the side.

TIP

Cook the beetroot the day before. It keeps well and saves time in the morning.

WEEK 1 • TUESDAY

Scrambled egg with onion, bread and cucumber

Makes 20 children's portions

You need

- ☐ **20** eggs
- ☐ **1** onion
- ☐ **2** cucumbers
- ☐ **20** slices brown bread
- ☐ margarine
- ☐ a little milk
- ☐ salt

Method

- 1** Chop the onion finely and fry gently in a little margarine until soft and sweet.
- 2** Beat the eggs with a splash of milk and a pinch of salt.
- 3** Pour the eggs over the onion. Stir slowly over low heat until just set — take them off while they still look a little wet, they carry on cooking.
- 4** Slice the cucumber into rounds.
- 5** Serve the egg with one slice of bread and the cucumber alongside.

TIP

Low heat and constant stirring is the whole secret. High heat makes rubbery egg.

WEEK 1 • WEDNESDAY

Chicken and pasta salad with mixed vegetables

Makes 20 children's portions

You need

- ☐ **900 g** chicken breast
- ☐ **600 g** pasta
- ☐ **1.2 kg** frozen mixed vegetables
- ☐ **1** onion
- ☐ a little oil
- ☐ salt

Method

- 1** Boil the chicken in lightly salted water until cooked through, about 20 minutes. Keep the water.
- 2** Cook the pasta in the chicken water — it carries the flavour. Drain and cool slightly.
- 3** Cook the frozen vegetables for a few minutes until just tender. Do not overcook them.
- 4** Dice or shred the chicken.
- 5** Mix the pasta, chicken and vegetables together with the finely chopped onion. *Serve warm or at room temperature. This one works well on a hot day.*

WEEK 1 • THURSDAY

Lentils with tomato and onion on krummelpap, with broccoli

Makes 20 children's portions**You need**

- ☐ **1.2 kg** dried brown lentils
- ☐ **600 g** mielie meal
- ☐ **800 g** broccoli
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt

Method

- 1** Rinse the lentils and boil in plenty of water until soft, 25–30 minutes. Drain.
- 2** Fry the chopped onion in a little oil until soft. Add the tomato and simmer 10 minutes.
- 3** Stir in the lentils and cook together for 10 minutes so they take up the flavour.
- 4** Make the krummelpap: bring salted water to the boil, stir in the mielie meal, cover and steam on low heat, forking it through now and then so it stays crumbly.
- 5** Steam or boil the broccoli until just tender – bright green, still with a bite.
- 6** Serve the lentils over the krummelpap with the broccoli on the side.

TIP

Do not salt the lentils until they are soft. Salt added early keeps them hard.

WEEK 1 • FRIDAY

Chicken breyani with green beans

Makes 20 children's portions**You need**

- ☐ **900 g** chicken breast
- ☐ **1 kg** rice
- ☐ **600 g** green beans
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt
- ☐ mild mixed spice

Method

- 1** Fry the chopped onion until golden. Add a little mild spice and cook for a minute.
- 2** Add the diced chicken and brown it.
- 3** Add the tomato and a cup of water. Simmer until the chicken is tender.
- 4** Cook the rice separately until just done.
- 5** Layer the rice and chicken in the pot, cover, and steam together on low heat for 15 minutes so the flavours go through.
- 6** Boil or steam the green beans until tender and serve alongside.

TIP

Layering rather than stirring is what makes it a breyani.

WEEK 2 • MONDAY

Lentil chilli con carne with rice

Makes 20 children's portions**You need**

- ☐ **1 kg** dried brown lentils
- ☐ **1 kg** rice
- ☐ **500 g** carrots
- ☐ **1** onion
- ☐ **1** green pepper
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt
- ☐ mild spice

Method

- 1** Rinse the lentils and boil in plenty of water until soft, 25–30 minutes. Drain.
- 2** Fry the chopped onion, green pepper and grated carrot in a little oil until soft.
- 3** Add the tomato and a little mild spice. Simmer 10 minutes.
- 4** Stir in the lentils and cook together for another 10 minutes so everything comes together.
- 5** Serve over rice.

This is one of the best meals on the menu for protein and iron, and it costs very little.

TIP

Do not salt the lentils until they are soft — salt early keeps them hard.

WEEK 2 • TUESDAY

Krummelpap with pilchards and spinach

Makes 20 children's portions

You need

- ☐ **2 tins** pilchards in tomato
- ☐ **600 g** maize meal
- ☐ **1.2 kg** spinach
- ☐ **1** onion
- ☐ a little oil
- ☐ salt

Method

- 1** Make the krummelpap as on Week 1 Thursday.
- 2** Wash the spinach well and chop it roughly.
- 3** Fry the chopped onion until soft, add the spinach and cook until wilted — only a few minutes.
- 4** Heat the pilchards gently in their sauce, breaking them up.
- 5** Serve the pap with the spinach and pilchards on top.

WEEK 2 • WEDNESDAY

Spaghetti bolognaise with mixed vegetables

Makes 20 children's portions**You need**

- ☐ **1 kg** beef mince
- ☐ **600 g** dried brown lentils
- ☐ **600 g** spaghetti
- ☐ **1.2 kg** frozen mixed vegetables
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt

Method

- 1** Rinse the lentils and boil in plenty of water until soft, 25–30 minutes. Drain.
- 2** Fry the chopped onion, then brown the beef mince, breaking up the lumps.
- 3** Add the cooked lentils and the tomato. Simmer 20 minutes.
- 4** Boil the spaghetti until soft. Drain.
- 5** Cook the mixed vegetables briefly and stir them through the sauce, or serve them alongside.
- 6** Serve the sauce over the spaghetti.

TIP

Cooked brown lentils disappear into a bolognaise and stretch the meat without the children noticing. Cook them first — unlike soya, they will not soften in the sauce.

WEEK 2 • THURSDAY

Curry dried beans and green beans with mashed potato

Makes 20 children's portions

You need

- ☐ **900 g** dried beans
- ☐ **1.2 kg** potatoes
- ☐ **600 g** green beans
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt
- ☐ mild curry powder

Method

- 1 Soak the dried beans overnight.** This is not optional – unsoaked beans will not soften in time.
- 2** Drain and boil in fresh water until soft, about an hour.
- 3** Fry the chopped onion, add a little mild curry powder, then the tomato. Simmer.
- 4** Stir in the cooked beans and simmer together for 15 minutes.
- 5** Boil the potatoes until soft, drain and mash with a little margarine and salt.
- 6** Serve the curry over the mash with the green beans alongside.

TIP

Put the beans in water before you leave on Wednesday afternoon.

WEEK 2 • FRIDAY

Chicken livers with onion, tomato and spinach, with rice

Makes 20 children's portions

You need

- ☐ **1.2 kg** chicken livers
- ☐ **1 kg** rice
- ☐ **1.2 kg** spinach
- ☐ **1** onion
- ☐ **1 tin** chopped tomato
- ☐ a little oil
- ☐ salt

Method

- 1** Rinse the livers and trim off any white or green bits.
- 2** Fry the chopped onion in a little oil until soft.
- 3** Add the livers and cook over medium heat until browned and firm, about 10 minutes. Do not overcook them – they go hard and bitter.
- 4** Add the tomato and simmer 10 minutes.
- 5** Wash and chop the spinach, add it to the pan and cook until wilted.
- 6** Serve over rice.

Liver is the richest source of iron on this menu, and one of the cheapest things on it. If children are unsure of it, chop it small and mix it well through the sauce.

5 Breakfasts and snacks

Breakfast

Soft maize meal porridge six mornings, oats four mornings. About 50 g of dry porridge per child.

Oats costs more than twice what maize meal costs. If money is tight, use maize meal every morning — it is still a good breakfast.

10am snack

½ sandwich with cheese	twice a cycle, 15 g of cheese each time
Yoghurt	twice a cycle, four tablespoons each time
Boiled egg	twice a cycle, one egg each
Fruit and milk	on the remaining days

Cheese, yoghurt and eggs are all there for protein and calcium. The dietician asked us to reduce jam, because jam is mostly sugar.

3pm snack

Fruit and milk	a quarter of a fruit and about 80 ml of milk per child
½ sandwich with peanut butter	twice a cycle, 15 g each
½ sandwich with jam	twice a cycle

Fruit

Cut the fruit and give each child a quarter. A whole apple or orange is more than a small child will finish, and quarters make the fruit go four times as far.

Use the soft fruit first — bananas, peaches, pawpaw — and keep the hard fruit, apples, oranges and pears, for the second week.

6 Shopping list and costs

Everything needed for **one two-week cycle, ten feeding days.**

Prices are from Food Lover's Market Knysna in late 2026 and will have changed. Use them as a guide to what the menu costs, not as today's price.

FOR 20 CHILDREN

R 3,216

That works out at about R161 per child per fortnight, or R16.08 per child per day.

The full list is on the next page. Tear it out and take it to the shop.

For 40 children

The same list, roughly doubled, comes to about **R5,942 — R148 per child per fortnight, or R14.85 per child per day.**

Larger centres pay less per child because the packs get used up instead of sitting in the cupboard. The food itself costs about **R13.66 per child per day** — the difference is what you lose buying a whole pack for a part-need.

Onion, oil, salt and the dry cupboard

A 7 kg pocket of onions, a 2 L bottle of oil and a 500 g packet of salt last well beyond one cycle. Buy them once and the next cycle comes in cheaper.

Take this to the shop

Everything needed for one two-week cycle, ten feeding days.

Item	You need	Buy	Cost
☐ Maize meal	8.4 kg	9 × 1 kg	R 179.91
☐ Oats	4 kg	4 × 1 kg	R 187.96
☐ Brown bread	140 slices	6 loaves	R 113.94
☐ Rice	2 kg	1 × 2 kg	R 33.99
☐ Macaroni	600 g	2 × 500 g	R 39.98
☐ Spaghetti	600 g	2 × 500 g	R 39.98
☐ Potatoes	1.2 kg	1 × 3 kg pocket	R 49.99
☐ Pilchards in tomato	2 kg	5 × 400 g tins	R 149.95
☐ Eggs	60	2 trays of 30	R 179.98
☐ Chicken breast	1.8 kg	2 kg	R 159.98
☐ Beef mince	1 kg	1 kg	R 129.99
☐ Chicken livers	1.2 kg	5 × 250 g	R 50.00
☐ Soya mince, dried	900 g	1 kg	R 75.00
☐ Lentils, dried	1 kg	2 × 500 g	R 69.98
☐ Beans, dried	900 g	2 × 500 g	R 51.98
☐ Peanut butter	600 g	2 × 400 g	R 97.98
☐ Cheese, gouda	600 g	1 × 800 g	R 162.99
☐ Yoghurt	4 kg	4 × 1 kg	R 159.96
☐ Long-life milk	16 L	16 × 1 L	R 264.00
☐ Margarine	700 g	1 kg	R 54.99
☐ Jam	600 g	1 × 900 g	R 46.99
☐ Onion	800 g	1 × 7 kg pocket	R 119.99
☐ Tomato, tinned	1.5 kg	4 × 400 g tins	R 79.96
☐ Carrots	500 g	1 × 750 g	R 19.99
☐ Beetroot	600 g	1 kg	R 22.99
☐ Spinach	2.4 kg	8 bunches	R 159.92
☐ Broccoli	800 g	3 heads	R 86.97
☐ Green beans	1.2 kg	2 kg	R 90.00
☐ Frozen mixed veg	2.4 kg	3 × 1 kg	R 134.97
☐ Cucumber	600 g	2	R 24.00
☐ Green pepper	100 g	1	R 5.00
☐ Fruit, seasonal	40 pieces	40	R 80.00
☐ Cooking oil	600 ml	1 × 2 L	R 79.99
☐ Salt	200 g	1 × 500 g	R 12.99

Total

R 3,216

That works out at about R161 per child per fortnight, or R16.08 per child per day. Prices are from Food Lover's Market Knysna in late 2026 and will have changed. Use them as a guide to what the menu costs, not as today's price.

7 If you cannot afford all of it

Most centres cannot run the full menu. That is not a failure — it is arithmetic. Here is how to spend what you have where it does the most good.

Keep these first

One protein at lunch, every single day.

This is the thing that matters most. The cheapest good proteins on this menu are dried beans, lentils, eggs, chicken livers and pilchards — all of them under R5 a child a serving.

Porridge every morning.

A child who has not eaten since yesterday afternoon cannot learn.

A vegetable with lunch.

Whatever is cheapest and in season.

Where not to cut

Do not drop the protein to keep the variety.

Ten days of beans and lentils with vegetables is a better menu than five good days and five days of plain pap.

Do not water down the portions.

Half a serving to twice as many children helps nobody. If you cannot feed everyone a full portion, feed fewer meals properly.

The easy savings

Change	Saves per cycle, 20 children
Maize meal instead of oats every morning	about R110
Soya mince instead of beef mince in the bolognaise	about R60
Boiled egg or peanut butter instead of the cheese snack	about R100
Chicken livers instead of chicken breast in one meal	about R65
Whatever vegetable is cheapest that week instead of broccoli	about R50

Those five changes together take about R385 off a R3,216 shop — roughly 12% — without losing a single protein serving.

Buying well

- Buy the big pack. A 7 kg pocket of onions costs less per kilogram than three loose ones.
- Buy vegetables in season. A menu that follows what is cheap that week is a cheaper menu.
- Dried beans and lentils are the best value protein in any shop. They need soaking and time, not money.
- Soya mince at R75 a kilogram does the work of beef mince at R130.

A note on soya mince. Our own menu uses lentils because our supplier cannot get soya. If your shop stocks it, soya mince is an excellent, cheaper swap for beef mince in the bolognaise — 300 g of dry soya replaces about 600 g of mince.

8 Running the menu

The cycle.

Two weeks, then start again at Week 1.

Plan ahead.

Beans need soaking overnight. Beetroot is easier cooked the day before. Read the week ahead on a Friday.

Storage.

Meat and chicken straight into the freezer when you buy. Take out what you need the night before.

Write down what works.

If the children refuse a dish twice, change it. If they finish something every time, use it more.

We are here to help.

If you would like help working out quantities for your numbers, or advice on where to buy, phone the office.



Questions? Something not working?
WhatsApp Maxine Pietersen
076 559 9637