



# Little NiCoCo's Playschool



## Baby & Toddler menu 2020

Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Rice cereal	Cerelac	Nestum	Oats	Rice cereal
<i>Variety of different flavours will be introduced. Cereal will be given according to the child's age, and mixed with baby's usual milk or water</i>					
Week	Week 1	Week 2	Week 3	Week 4	
<b>Lunch</b>	Mince and butternut	Vegetable stew & rice	Chicken with carrots/pumpkin	Macaroni & cheese	
<i>Variations of vegetables - variety of yellow and green vegetables will be introduced to your child at first. Pumpkin, butternut, carrots sweet potato, courgette, broccoli, green beans and cauliflower</i>					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snacks</b>	Yoghurt	Rice cakes	Finger biscuits	Flings	Marie biscuits

Meals will be pureed and also blended according to their age  
Roibos tea will be served daily