

# What Am I Eating Today?

*Your Weekly Meal Schedule & Recipe Book*

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## Monday



EARLY MORNING

Cerevita Quick

How to make:

Mix 1 cup Cerevita with 1/2 cup warm milk. Stir until smooth. Add honey to taste.

BREAKFAST

Burger

How to make:

Grill patty 4 mins each side. Toast bun. Assemble with cheese, lettuce, and tomato.



LUNCH

Rice & Chicken, Steak, Coleslaw

### Recipe:

Pan-sear steak and chicken breast. Serve over fluffy white rice. Side with a mix of shredded cabbage, carrot, and mayo dressing.



### DINNER

## Spaghetti & Meatballs

### Recipe:

Boil spaghetti. Brown beef/pork meatballs in tomato sauce with onions and herbs. Mix pasta with sauce, top with parmesan.

### SNACK 1

## Fruit & Yoghurt

Mix fresh fruit cuts with plain yoghurt.

### SNACK 2

## Time Biscuits

Pack of 3 biscuits.

### SNACK 3

## Nik Naks

Ready-to-eat corn snack.

### PRE-DINNER

## Yoghurt

1 cup plain yoghurt.

### DESSERT

## Apple

1 fresh whole apple.

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# Tuesday



## EARLY MORNING

### Porridge

#### How to make:

Simmer oats/maize meal in milk/water (1:2 ratio) for 10 mins until creamy. Add sugar/cinnamon.

## BREAKFAST

### Samosa

#### How to make:

Deep fry frozen samosa or pastry filled with spiced potatoes/peas until golden (5-7 mins).



## LUNCH

### Spaghetti & Beef

#### Recipe:

Brown minced beef with onions. Add tomato paste, garlic, and herbs. Simmer for 20 mins. Toss with cooked spaghetti.



## DINNER

### Rice, Mince & Mixed Veg

#### Recipe:

Stir-fry minced beef with carrots, peas, and corn. Mix with steamed rice. Season with soy sauce/salt.

#### SNACK 1

##### Marie Biscuits

2 biscuits with tea.

#### SNACK 2

##### Popcorn

Small bag of salted popcorn.

#### SNACK 3

##### Lay's Chips

Small pack chips.

#### PRE-DINNER

##### Sausage Roll

Bake pastry-wrapped sausage until golden.

#### DESSERT

##### Fruit Salad

Mix of cut seasonal fruits.

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# Wednesday



#### EARLY MORNING

##### Cornflakes

###### How to make:

Pour 1 cup cornflakes into a bowl. Add cold milk. Top with sliced banana.

#### BREAKFAST

##### Sandwiches

###### How to make:

Layer ham, cheese, lettuce, tomato between two slices of bread. Cut diagonally.



#### LUNCH

# Macaroni & Pork

## Recipe:

Boil macaroni. Stir-fry pork cubes with onions and peppers. Mix with pasta and a creamy tomato sauce.



## DINNER

### Pap & Vegetables

#### Recipe:

Make stiff maize meal pap. Serve with steamed spinach, carrots, and grilled meat.

## SNACK 1

### Banana

1 whole banana.

## SNACK 2

### Maputi

Salted maize puffs.

## SNACK 3

### Simba

Potato chips.

## PRE-DINNER

### Tea & Biscuits

Earl Grey with cookies.

## DESSERT

### Apple

Fresh apple.

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Thursday



## EARLY MORNING

### Weet-Bix

#### How to make:

2 biscuits Weet-Bix, 1/2 cup milk, topped with sliced apple.

## BREAKFAST

### Fritters

#### How to make:

Mix corn/veggie batter. Fry spoonfuls in hot oil until golden. Drain on paper towels.



## LUNCH

### Rice & Fish

#### Recipe:

Pan-fry fish fillets with lemon pepper. Serve with steamed white rice and sautéed greens.



## DINNER

### Pap & Derere

#### Recipe:

Soft maize pap served with a traditional green leafy vegetable stew (Derere) cooked with tomato and onion.

**SNACK 1**

**Apple**

1 fresh apple.

**SNACK 2**

**Tennis Biscuits**

Coconut biscuits.

**SNACK 3**

**Cake Slice**

Slice of sponge cake.

**PRE-DINNER**

**Yogurt Drink**

Fruit lassi or drinking yogurt.

**DESSERT**

**Puffs**

Cream puff pastry.

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# Friday



**EARLY MORNING**

**Rice Krispies**

**How to make:**

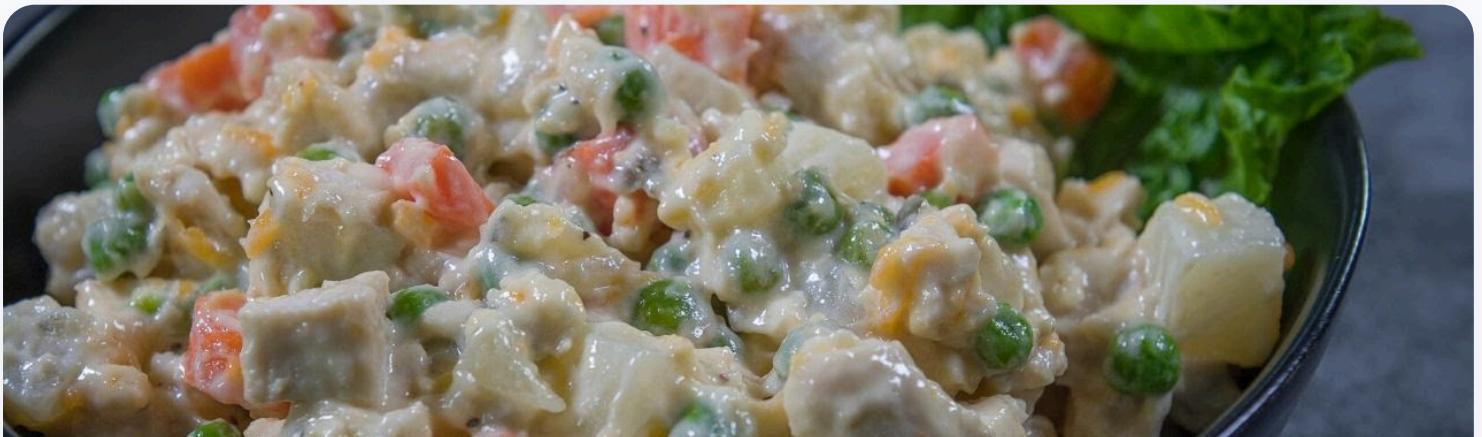
1 cup Rice Krispies, 1/2 cup milk, topped with berries.

**BREAKFAST**

**Pizza Home Made**

**Recipe:**

Top pizza dough with tomato sauce, cheese, and toppings. Bake at 200°C for 15-20 mins.



**LUNCH**

# Potato Salad & Chicken

## Recipe:

Boiled potatoes mixed with mayo and herbs. Grilled chicken breast on the side.



## DINNER

### Pap & Derere

#### Recipe:

Reheat Thursday's favorite: Soft pap with green leafy veg stew.

## SNACK 1

### Orange

1 peeled orange.

## SNACK 2

### 2 Eclair Sweets

Chocolate toffees.

## SNACK 3

### Popcorn

Buttered popcorn.

## PRE-DINNER

### Boiled Nuts

Handful of peanuts.

## DESSERT

### Apple

Fresh apple.

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# Saturday



## EARLY MORNING

### Flour Porridge

#### How to make:

Cook maize meal slowly in water/milk until smooth and thick. Add butter/sugar.

## BREAKFAST

### Hot Dog

#### How to make:

Boil or grill frankfurter. Place in bun. Top with mustard, ketchup, and onions.



## LUNCH

### Rice & Pork & Bean Salad

#### Recipe:

Cold salad of cooked rice, diced pork, mixed beans (kidney/black-eyed), corn, and vinaigrette.



## DINNER

### Egg & Potato Salad

#### Recipe:

Cubed boiled potatoes and eggs mixed with mayo, mustard, and chives. Season with salt and pepper.

## SNACK 1

### Banana

1 banana.

## SNACK 2

### Banana & Orange

Fruit mix.

## SNACK 3

### Puffs

Cheese puffs.

## PRE-DINNER

### Water

Glass of water.

## DESSERT

### Apple

Fresh apple.

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# Sunday



## EARLY MORNING

### Cornflakes

#### How to make:

Cereal with milk and berries.



## BREAKFAST

### Church (Brunch)

#### Event:

Enjoy a community brunch feast with pancakes, eggs, and coffee after service.



## LUNCH

### Burger & Chips

#### Recipe:

Classic beef burger with cheese, lettuce, tomato. Served with a side of crispy french fries.



## DINNER

### Pap & Matemba

#### Recipe:

Stiff maize pap served with dried sardines (Matemba) stewed in tomato sauce with onions and garlic.

#### SNACK 1

### Apple

Fresh apple.

#### SNACK 2

### Juice

Fruit juice box.

#### SNACK 3

### Nik Nak

Corn snack.

#### PRE-DINNER

### Tea

Cup of herbal tea.

#### DESSERT

### Apple

Fresh apple.