

Tannie Net's Daycare
October Meal Plan

Healthy • Dairy-free • Freshly prepared • Little tummies, big adventures!

Same 5 lunches rotated over 4 weeks for variety, nutrition and easy prep!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 29 Sep – 3 Oct	29 Sep **Meal 1** Chicken, Sweet Potato, Carrot & Brown Rice	30 Sep **Meal 3** Lentil, Butternut & Tomato Pasta	1 Oct **Meal 2** Beef, Potato, Peas & Tomato Stew	2 Oct **Meal 4** Chicken, Potato, Courgette & Spinach	3 Oct **Meal 5** Bean, Carrot, Tomato & Brown Rice
Week 2 6 – 10 Oct	6 Oct **Meal 2** Beef, Potato, Peas & Tomato Stew	7 Oct **Meal 4** Chicken, Potato, Courgette & Spinach	8 Oct **Meal 5** Bean, Carrot, Tomato & Brown Rice	9 Oct **Meal 1** Chicken, Sweet Potato, Carrot & Brown Rice	10 Oct **Meal 3** Lentil, Butternut & Tomato Pasta
Week 3 13 – 17 Oct	13 Oct **Meal 3** Lentil, Butternut & Tomato Pasta	14 Oct **Meal 1** Chicken, Sweet Potato, Carrot & Brown Rice	15 Oct **Meal 2** Beef, Potato, Peas & Tomato Stew	16 Oct **Meal 5** Bean, Carrot, Tomato & Brown Rice	17 Oct **Meal 4** Chicken, Potato, Courgette & Spinach
Week 4 20 – 24 Oct	20 Oct **Meal 4** Chicken, Potato, Courgette & Spinach	21 Oct **Meal 5** Bean, Carrot, Tomato & Brown Rice	22 Oct **Meal 1** Chicken, Sweet Potato, Carrot & Brown Rice	23 Oct **Meal 3** Lentil, Butternut & Tomato Pasta	23 Oct **Meal 2** Beef, Potato, Peas & Tomato Stew
Week 5 27 – 31 Oct	27 Oct **Meal 5** Bean, Carrot, Tomato & Brown Rice	28 Oct **Meal 2** Beef, Potato, Peas & Tomato Stew	29 Oct **Meal 4** Chicken, Potato, Courgette & Spinach	30 Oct **Meal 1** Chicken, Sweet Potato, Carrot & Brown Rice	31 Oct **Meal 3** Lentil, Butternut & Tomato Pasta

Our 5 Lunch Meals

1. Chicken, Sweet Potato, Carrot & Brown Rice
2. Beef, Potato, Peas & Tomato Stew
3. Lentil, Butternut & Tomato Pasta
4. Chicken, Potato, Courgette & Spinach
5. Bean, Carrot, Tomato & Brown Rice

Breakfast (every day)

- **Mieliepap** (16 x 250 ml portions)
- **Oats** (16 x 250 ml portions)

Notes

- All meals are dairy-free and egg-free.
- Fresh ingredients from Checkers (Simple Truth range where indicated).
- Meals are softly cooked and suitable for babies/toddlers.
- Quantities and full recipes on separate prep sheet.