

Sample Daily Meal Plan for Children During Illness and Recovery

Meal	Foods
Breakfast	2 tablespoons fresh fruit juice mixed with clean, boiled water 1 cup porridge with milk 1 small slice of bread with butter or margarine 1 small glass of milk
Mid-morning snack	1 small banana 1 glass of boiled or treated water 1 slice of bread with butter or margarine
Lunch	½ cup of mashed meat, chicken, or fish 3 tablespoons boiled vegetables ½ cup of yogurt 1 glass of boiled or treated water
Afternoon snack	1 small glass of milk ½ cup of finely chopped mango 1 small carrot, chopped fine 1 glass of boiled or treated water
Dinner	Minced meat, chicken, or fish in gravy ½ cup of mashed potatoes or sweet potatoes or mealie meal ½ cup of pumpkin or cassava leaves chopped fine 1 small banana