



HEALTHY EARLY YEARS LONDON

Menu Week 1

Breakfast Light cereal or

Cracker variety with Fresh fruit & Milk

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Monday

Lunch
Rotli, with Daal & Rice
Served with salad
Fruit

Tuesday

Lunch
Vegetable Lasagne with fresh
vegetables. Served with salad
Fruit

Wednesday

<u>Lunch</u> Biryani with bread and yoghurt Served with salad Fruit

Thursday

Lunch
Vegetable Pizza
Served with Yogurt

Friday

<u>Lunch</u> Pavbhaji Served with salad Fruit Tea Smiley face Fresh fruit variety

Tea Any soup and croutons Fresh fruit variety

Tea
Noodles with vegetables
Fresh fruit variety

Tea
Bombay mix with yogurt

Tea
Bhel with vegetables
Fresh fruit variety

