



MAYOR OF LONDON'S



Menu Week 4

Monday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli, with moong shak
Served with salad
Fruit

Tea
Jeera Rice with yoghurt
Fresh fruit variety

Tuesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Tomato pasta
Served with salad
Fruit

Tea
Cheese spread Sandwich
Fresh fruit variety

Wednesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Veg fried rice with vegies
Served with salad
Fruit

Tea
Noodles with vegetable
Fresh fruit variety

Thursday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Toasted vegetable sandwiches
Served with salad
Fruit

Tea
Wraps with cheese
Fresh fruit variety

Friday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli with kadhi and khichdi
Served with salad
Fruit

Tea
Pastry with cheese
Fresh fruit variety

