



Menu Week 1

Monday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli, with Daal & Rice
Fruit

Tea
Smiley face
Fresh fruit variety

Tuesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Vegetable Lasagne with fresh
vegetables
Fromage frais yoghurt

Tea
Topioca (Sabudana)
Fresh fruit variety

Wednesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Biryani with bread and yoghurt
Mixed fruit

Tea
Ebly
Fresh fruit variety

Thursday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Pizza with a variety of
toppings
Fruity flapjacks

Tea
Potato puwa served with yoghurt
Fresh fruit variety

Friday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli with kadhi and rice
fruit

Tea
Cous cous with roasted
vegetables
Fresh fruit variety