



Menu Week 4

Monday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli, with moong shak
Fresh fruit variety

Tea
Jeera rice
Fresh fruit variety

Tuesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Tomato pasta bake
Fruity flapjack

Tea
Sandwich
Fresh fruit variety

Wednesday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli with sweet potato Shak
Fresh fruit variety

Tea
Noodles
Fresh fruit variety

Thursday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Toasted vegetable
sandwiches
Fresh fruit variety

Tea
Wraps with cheese
Fresh fruit variety

Friday

Breakfast
Light cereal or
Cracker variety with
Fresh fruit & Milk

Lunch
Rotli with kadhi & khichdi
Fruit

Tea
Oats upma
Fresh fruit variety