



# Menu Week 1

## Monday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Rotli, with Daal shak & boiled  
rice  
Fresh fruit

Tea  
Wholemeal roll with grated  
Cheese & Cucumber  
Fresh fruit variety

## Tuesday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Vegetable Lasagne With fresh  
vegetables  
Yoghurt

Tea  
Hummus dip with salad sticks  
and pitta bread fingers  
Fresh fruit variety

## Wednesday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Biryani with bread and yoghurt  
Mixed fruit

Tea  
Noodles with vegetables  
Fresh fruit variety

## Thursday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Freshly baked vegetable  
pizza with salad  
Fruit sorbet

Tea  
Potato puwa served with yoghurt  
Fresh fruit variety

## Friday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Rotli and tomato shak  
Fresh fruit

Tea  
Vegetable soup with crusty  
bread  
Fresh fruit variety