



# Menu Week 3

## Monday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Rotli, with moong shak &  
rice  
Fresh fruit variety

Tea  
Toasted cheesy muffins with side  
salad  
Fresh fruit variety

## Tuesday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Burritos with mixed beans  
Fruit smoothie

Tea  
Finger roll with cheese and  
cucumber  
Fresh fruit variety

## Wednesday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Thepla with Kidney beans &  
sweetcorn Shak  
Mango pulp

Tea  
Potato puwa served with yoghurt  
Fresh fruit variety

## Thursday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Pav bhaji  
Fromage frais yoghurt

Tea  
Buttered crumpets and salad  
Fresh fruit variety

## Friday

Breakfast  
Cracker variety with  
Fresh fruit & Milk

Lunch  
Rotli with potato and chick pea  
shak  
Fresh fruit variety

Tea  
Couscous with vegetables and  
mixed beans  
Fresh fruit variety