

Snacks & Lunches on a Four-Week Cycle

WEEK ONE	Morning Snack	Lunch	Afternoon Snack
Monday	Cornflakes w/ milk	Rice topped w/Vegetable Scrambled Egg and Salad	Mixed Fruits & Yoghurt
Tuesday	Mixed Fruits & Yoghurt	Chicken Teriyaki w/ Rice and Green and Salad	Crackers & Milk
Wednesday	Cornflakes w/ milk	Egg Tofu & Vegetable clear soup w/ seaweed and Rice, Salad	Mixed Fruits & Yoghurt
Thursday	Mixed Fruits & Yoghurt	Spaghetti Bolognese	Crackers & Milk
Friday	Cornflakes w/ milk	Japanese Chicken curry w/ rice and Salad	Mixed Fruits & Yoghurt

WEEK TWO	Morning Snack	Lunch	Afternoon Snack
Monday	Cornflakes w/ milk	Ladna with Salad	Mixed Fruits & Yoghurt
Tuesday	Mixed Fruits & Yoghurt	Eggs & Pork in Brown Soup w/ Rice (Palo), Salad	Crackers & Milk
Wednesday	Cornflakes w/ milk	Pasta in cream sauce, Salad	Mixed Fruits & Yoghurt
Thursday	Mixed Fruits & Yoghurt	Stir-Fried mixed vegetables w/Rice	Crackers & Milk
Friday	Cornflakes w/ milk	Stir-fried chicken with garlic w/rice and Salad	Mixed Fruits & Yoghurt

WEEK THREE	Morning Snack	Lunch	Afternoon Snack
Monday	Cornflakes w/ milk	Fried noodles w/tofu in soy sauce & vegetables, (Pad See Ew)	Mixed Fruits & Yoghurt
Tuesday	Mixed Fruits & Yoghurt	Grilled chicken with vegetable sauce and Salad	Crackers & Milk
Wednesday	Cornflakes w/ milk	Minced chicken with basil and Rice (pad kra-pow), salad	Mixed Fruits & Yoghurt
Thursday	Mixed Fruits & Yoghurt	Vegetable omelets w/rice, Salad	Crackers & Milk
Friday	Cornflakes w/ milk	Ham and Salad Sandwich	Mixed Fruits & Yoghurt

WEEK FOUR	Morning Snack	Lunch	Afternoon Snack
Monday	Cornflakes w/ milk	Spaghetti w/meatballs and Salad	Mixed Fruits & Yoghurt
Tuesday	Mixed Fruits & Yoghurt	Pork Fried rice and salad	Crackers & Milk
Wednesday	Cornflakes w/ milk	Home-baked pizza and Salad	Mixed Fruits & Yoghurt
Thursday	Mixed Fruits & Yoghurt	Chicken Steamed Rice w/ Clear soup and Salad	Crackers & Milk
Friday	Cornflakes w/ milk	Fillet of fish in butter sauce with mashed potato and Salad	Mixed Fruits & Yoghurt