



# Snacks & Lunches on a Four- Week Cycle

WEEK ONE	MORNING SNACK	LUNCH	AFTERNOON SNACK
<b>Monday</b>	Cornflakes with milk	Vegetable Omlette with rice and salad	Mixed fruits and Yoghurt
<b>Tuesday</b>	Mixed fruits and Yoghurt	Chicken Teriyaki with rice and green salad	Crackers and milk
<b>Wednesday</b>	Cornflakes with milk	Egg tofu with vegetable clear soup with rice and salad	Mixed fruits and Yoghurt
<b>Thursday</b>	Mixed fruits and Yoghurt	Spaghetti Bolognese with chicken	Crackers and milk
<b>Friday</b>	Cornflakes with milk	Japanese Chicken Curry with rice and salad	Mixed fruits and Yoghurt

WEEK TWO	MORNING SNACK	LUNCH	AFTERNOON SNACK
<b>Monday</b>	Cornflakes with milk	Ladna with salad	Mixed fruits and Yoghurt
<b>Tuesday</b>	Mixed fruits and Yoghurt	Egg and Chicken in brown soup with rice and salad	Crackers and milk
<b>Wednesday</b>	Cornflakes with milk	Macaroni with chicken and salad	Mixed fruits and Yoghurt
<b>Thursday</b>	Mixed fruits and Yoghurt	Stir-fried Mixed Vegetables with rice	Crackers and milk
<b>Friday</b>	Cornflakes with milk	Stir-fried Chicken and garlic with rice and salad	Mixed fruits and Yoghurt

WEEK THREE	MORNING SNACK	LUNCH	AFTERNOON SNACK
<b>Monday</b>	Cornflakes with milk	Fried Noodle with tofu and Vegetables	Mixed fruits and Yoghurt
<b>Tuesday</b>	Mixed fruits and Yoghurt	Grilled Chcken with Vegetable sauce and salad	Crackers and milk
<b>Wednesday</b>	Cornflakes with milk	Stir-Fried minced Chicken with basil and rice with salad	Mixed fruits and Yoghurt
<b>Thursday</b>	Mixed fruits and Yoghurt	Rice topped with Vegetable Scrambled Egg and Salad	Crackers and milk
<b>Friday</b>	Cornflakes with milk	Chicken and Potatoes Soup	Mixed fruits and Yoghurt

WEEK FOUR	MORNING SNACK	LUNCH	AFTERNOON SNACK
<b>Monday</b>	Cornflakes with milk	Chicken Steamed Rice with clear soup and salad	Mixed fruits and Yoghurt
<b>Tuesday</b>	Mixed fruits and Yoghurt	Chicken Fried Rice with salad	Crackers and milk
<b>Wednesday</b>	Cornflakes with milk	Home baked Pizza and salad	Mixed fruits and Yoghurt
<b>Thursday</b>	Mixed fruits and Yoghurt	Spaghetti Chicken Balls and salad	Crackers and milk
<b>Friday</b>	Cornflakes with milk	Chicken and Vegetable Soup	Mixed fruits and Yoghurt