



Snacks & Lunches on a Four- Week Cycle

WEEK ONE	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Mixed fruits and Yoghurt	Rice topped with Vegetable Scrambled Egg and Salad	Cornflakes with milk
Tuesday	Mixed fruits and Yoghurt	Chicken Teriyaki with rice and green salad	Crackers and milk
Wednesday	Mixed fruits and Yoghurt	Egg tofu with seaweed soup with rice and salad	Cornflakes with milk
Thursday	Mixed fruits and Yoghurt	Macaroni with chicken and salad	Crackers and milk
Friday	Mixed fruits and Yoghurt	Riced topped with stir fried Tofu and vegetable	Cornflakes with milk

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

WEEK THREE	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Mixed fruits and Yoghurt	Fried Noodle with tofu and Vegetables	Cornflakes with milk
Tuesday	Mixed fruits and Yoghurt	Vegetable Omlette with rice and salad	Crackers and milk
Wednesday	Mixed fruits and Yoghurt	Stir-Fried minced Chicken with basil and rice with salad	Cornflakes with milk
Thursday	Mixed fruits and Yoghurt	Grilled Chcken with Vegetable sauce and salad	Crackers and milk
Friday	Mixed fruits and Yoghurt	Rice with Egg in vegetable soup	Cornflakes with milk

WEEK FOUR	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Mixed fruits and Yoghurt	Chicken Steamed Rice with salad	Cornflakes with milk
Tuesday	Mixed fruits and Yoghurt	Chicken Fried Rice with salad	Crackers and milk
Wednesday	Mixed fruits and Yoghurt	Chicken Katsu with rice and salad	Cornflakes with milk
Thursday	Mixed fruits and Yoghurt	Spaghetti Bolognese with chicken	Crackers and milk
Friday	Mixed fruits and Yoghurt	Rice with Cabbage soup	Cornflakes with milk