



FOREST VILLAGE KINDERGARTEN

MENU 1

	<u>Monday</u> Pasta day	<u>Tuesday</u> Fish day	<u>Wednesday</u> Soup day	<u>Thursday</u> Veggie day/ bread day	<u>Friday</u> Surprise
Breakfast	Porridge or muesli with fruits	Porridge or muesli with fruits	Porridge or muesli with fruits	Toast with butter and fruits	Porridge or muesli with fruits
Lunch	Spaghetti in tomato sauce	Fish fingers with mashed potatoes and peas	Carrot ginger soup	Rice with daal	Surprise
Snack	Humus with veggies sticks	Breadsticks and fruits	Yoghurt and Raisins	Rice cakes and fruits	Fruit and vegetables
Tea time	Baked beans on toast	Tuna wraps and sweet corn	Scrambled eggs	Homemade Bread with spread	Surprise



MENU 2

	<u>Monday</u> Pasta day	<u>Tuesday</u> Fish day	<u>Wednesday</u> Soup day	<u>Thursday</u> Veggie day/ bread day	<u>Friday</u> Surprise
Breakfast	Porridge or muesli with fruits	Porridge or muesli with fruits	Porridge or muesli with fruits	Toast with butter and fruits	Porridge or muesli with fruits
Lunch	Pasta salad	Fish cake with Rice and vegetables	Vegetable soup	Chinese stir fry with rice or noodles	Surprise
Snack	Humus with veggies sticks	Breadsticks and fruits	Yoghurt and Raisins	Rice cakes and fruits	Fruit and vegetables
Tea time	Pancakes	Baked potatoes with tuna and cheese	Quesadillas	Homemade bread with spread	Surprise

