



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	Pasta with tomato sauce	Fish fingers with mashed potatoes and peas	ABC-veggie soup	Rice with chickpeas	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	Home made 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	Green pesto pasta	Fish cake with Rice and vegetables	Pumpkin soup	vegetable couscous	Surprise
Snack	Humus with veggies sticks	Breadsticks and fruits	Yoghurt and Raisins	Rice cakes and fruits	Fruit and vegetables
Tea time		Baked potatoes with tuna and cheese	Pancakes	Homemade bread with spread	Surprise

