

## Foods

Week Day	Morning Snack	Lunch	Afternoon Snack
<b>Monday</b>	Whole meal pita bread with hummus Cucumber and carrot sticks Water or milk	Chicken and Vegetable rice, (Basmati rice, Potato, carrots), Cucumber, Steamed broccoli, Fresh apple slices, Water or milk	Banana oat muffin (homemade, no added sugar), Water
<b>Tuesday</b>	Banana oat muffin (homemade, no added sugar), Water	Lentil and vegetable stew (red lentils, pumpkin, tomato, spinach) Served with whole meal flatbread, Sliced pear, Water or milk	Yogurt with mixed berries (unsweetened) Water
<b>Wednesday</b>	Sliced apple or Seasonal Fruit, Water or milk	Halal meat and vegetable pasta bake (whole meal pasta, tomato sauce, zucchini, spinach, halal mince), Orange wedges Water or milk	Homemade wholegrain banana pancakes Water
<b>Thursday</b>	Whole grain toast with mashed avocado Water or milk	Chicken curry with rice, Mixed salad (cucumber, tomato, lettuce,) Melon cubes Water or milk	Oat cookies (homemade, low sugar) Water
<b>Friday</b>	Fresh fruit platter (apple, banana, strawberries) Wholegrain rice cakes Water or milk	Baked fish fingers (homemade, halal-certified or fish fillet) Sweet potato mash Steamed green beans and carrots Fresh oranges Water or milk	Whole meal mini wraps with cream cheese and grated carrot Water

### Note:

This menu is provided as an example only. The final version may vary depending on Seasonal Ingredients and availability