

WEEKLY MENU FOR PRESCHOOLERS

Kesaree Costales 3P



MENU



Monday

BREAKFAST: milk and cereal

MS: an apple and a banana

LUNCH: omelette with vegetables

AS: bread with jam

DINNER: baked chicken meatballs with broccoli

Tuesday

BREAKFAST: bread with marmalade

MS: yogurt

LUNCH: lasagna with asparagus cream

AS: dry fruits

DINNER: tuna fish and broccoli

Wednesday

BREAKFAST: wholemeal cereal

MS: homemade croissants

LUNCH: braised beef with carrots and potatoes

AS: homemade pineapple popsicle

DINNER: risotto with mushrooms

Thursday

BREAKFAST: whole grain bread with eggs and fresh juice

MS: fruit salad

LUNCH: pasta with pesto

AS: wholegrain crackers and boiled egg

DINNER: minestrone with lentils and vegetables

Friday

BREAKFAST: tea and biscuits

MS: banana boat

LUNCH: salad and chicken

AS: fruit smoothie

DINNER: soup with vegetables broth and cheese

Saturday

BREAKFAST: toast with avocado and homemade juice

MS: vegetable chips

LUNCH: fresh salmon with noodles salad

AS: popcorn

DINNER: mushroom soup

