

Daily Food Menu for Child Care

MONDAY

- Breakfast: Pancakes + honey, banana slices, milk
- Snack: Yogurt + soft granola
- Lunch: Rice, grilled chicken, carrots & green beans, watermelon
- Snack: Cheese sandwich, cucumber slices

TUESDAY

- Breakfast: Scrambled eggs, toast, apple slices, milk
- Snack: Crackers + cheese cubes
- Lunch: Pasta with tomato sauce & ground beef, broccoli, orange slices
- Snack: Banana muffin, milk

WEDNESDAY

- Breakfast: Oatmeal with raisins, milk
- Snack: Yogurt + strawberries
- Lunch: Rice, baked fish, spinach, papaya
- Snack: Peanut butter sandwich, apple slices

THURSDAY

- Breakfast: French toast, honey, banana, milk
- Snack: Boiled corn or sweet potato
- Lunch: Fried rice with vegetables & egg, cucumber, melon
- Snack: Crackers + yogurt

FRIDAY

- Breakfast: Cereal with milk, sliced banana
- Snack: Fruit salad (apple, papaya, watermelon)
- Lunch: Rice, chicken soup, carrots & potatoes, orange
- Snack: Mini sandwich (cheese/egg), milk

SATURDAY

- Breakfast: Omelette, toast, watermelon, milk
- Snack: Yogurt + granola
- Lunch: Noodles with vegetables & chicken, spinach, banana
- Snack: Biscuits + milk