

WEEKLY MENU PLANNER FOR DAYCARES

	MON	TUE	WED	THU	FRI
Breakfast	<ul style="list-style-type: none">• Oatmeal with banana slices• Milk	<ul style="list-style-type: none">• Scrambled eggs• Whole wheat toast• Orange slices	<ul style="list-style-type: none">• Pancakes + honey + strawberries	<ul style="list-style-type: none">• Cereal• Milk• Sliced banana	<ul style="list-style-type: none">• French toast + syrup + apple slices
Snack	<ul style="list-style-type: none">• Apple slices	<ul style="list-style-type: none">• Crackers + cheese	<ul style="list-style-type: none">• Yogurt + blueberries	<ul style="list-style-type: none">• Boiled egg	<ul style="list-style-type: none">• Mixed fruit cup
Lunch	<ul style="list-style-type: none">• Grilled chicken• Rice• Steamed carrots	<ul style="list-style-type: none">• Spaghetti with meat sauce• Green beans	<ul style="list-style-type: none">• Baked fish• Mashed potatoes• Peas	<ul style="list-style-type: none">• Chicken soup• Bread roll	<ul style="list-style-type: none">• Mini sandwiches (turkey/cheese), cucumber sticks
Snack	<ul style="list-style-type: none">• Yogurt• Granola	<ul style="list-style-type: none">• Banana• Milk	<ul style="list-style-type: none">• Apple• Peanut butter	<ul style="list-style-type: none">• Cheese cubes• Crackers	<ul style="list-style-type: none">• Smoothie (banana + milk)