



Monday

- Daal and Onion Paratha
- Strawberry Yogurt

Tuesday

- Onion Uthapam
- Coconut Chutney

Wednesday

- Vegetable Hakka Noodles
- Garlic Sauce
- Banana Fritters

Thursday

- Grilled Cheese Toast
- Chocolate Milkshake

Friday

- Rajma
- Zeera Rice
- Sweet Seviyan

Can children eat healthy, yet still enjoy their favorite foods?

- Be a good role model. Expose children to healthy foods -- or at least healthier versions of their favorites. If you eat them, your children will eat them.

Note: Milk and cookies will be served to the children of Environment Blue and EYFS at the time of dispersal.