

DAYCARE MENU

2024-2025

WEEK 1 & 3

We are convinced that a nutritious and well-balanced diet is crucial for enhancing children's concentration and learning capabilities. As such, we are dedicated to reducing unhealthy ingredients like sugar and fat, while actively promoting the consumption of fruits and vegetables to support their overall well-being and academic success..

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Smoothies - Smoothies	Fruits milkshake - Milkshake aux fruit	Fruits salade - Salade de fruits	Fruits juice - Jus de fruits	Fruits compate - Compatibilité de fruits
Lunch	Rice and peas with soup - Riz et petits pois avec de la soupe	Vetable soup (potage) with bread - soupe de légumes (potage) avec du pain	Spaghetti bolognese - Spaghetti bolognaise	Chicken & mushroom sauce withpotatoes - Sauce au poulet et aux champignons avec pommes de terre	Beef vegatables with polenta - Légumes de boeuf à la polenta
Afternoon Snack	Crepe and Tea - Crêpe et thé	Porridge (Sosoma) - bouillie	Cornflakes with milk - Cornflakes au lait	Cake with milk - Gâteau au lait	Porridge (oatmeal) - Porridge (gruau)

▪ Fruits: banana, mango, pineapple, passion fruits, watermelon, orange, lemon

▪ Vegetable:potatoes, carrots, onions, mushrooms, peas, fresh beans, tomatoes

▪ **This menu is provisional and may change based on seasonal factors and availability.**

DAYCARE MENU

2024-2025

WEEK 2 & 4

We are convinced that a nutritious and well-balanced diet is crucial for enhancing children's concentration and learning capabilities. As such, we are dedicated to reducing unhealthy ingredients like sugar and fat, while actively promoting the consumption of fruits and vegetables to support their overall well-being and academic success..

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruits milkshake - <i>Milkshake aux fruit</i>	Smoothies - <i>Smoothies</i>	Fruits compate - <i>Compatibilité de fruits</i>	Fruits salade - <i>Salade de fruits</i>	Fruits juice - <i>Jus de fruits</i>
Lunch	Meatballs with pasta - <i>Boulettes de viande aux pâtes</i>	Chicken with Rice - <i>Poulet avec du riz</i>	Scrambed egg, peas with potatoes - <i>Oeuf brouillé, petits pois et pommes de terre</i>	Tortilla with cheese, avocado - <i>Tortilla au fromage, avocat</i>	Fresh beans tomato souce with polenta - <i>Sauce tomate aux haricots frais et polenta</i>
Afternoon Snack	Sosoma porridge - <i>Bouillie de Sosoma</i>	Cheese, bread with cucumber - <i>Fromage, pain au concombre</i>	Cake with milk - <i>Gâteau au lait</i>	Oatmeal porridge - <i>Bouillie d'avoine</i>	Crepe with Tea - <i>Crêpe avec thé</i>

- . Fruits: banana, mango, pineapple, passion fruits, watermelon, orange, lemon
- . Vegetable: potatoes, carrots, onions, mushrooms, peas, fresh beans, tomatoes

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