



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<p>BREAKFAST</p> <p>1 cup of Growing up Milk with boiled egg on toast* with vegetables</p>	<p>BREAKFAST</p> <p>1 cup of Growing up Milk, a bowl of cereal, and a small banana</p>	<p>BREAKFAST</p> <p>1 cup of Growing up Milk with Peanut butter sandwich</p>	<p>BREAKFAST</p> <p>1 cup of Growing up Milk with a bowl of oatmeal and a small banana</p>	<p>BREAKFAST</p> <p>1 cup of Growing up Milk with wholewheat Cheese Manoushe</p>	<p>BREAKFAST</p> <p>1 cup of Growing up Milk and Jam sandwich</p>	<p>BREAKFAST</p> <p>Rice flakes with 1 cup of Growing up Milk and dried cranberries</p>
SNACK 1	<p>SNACK 1</p> <p>Fresh apple</p>	<p>SNACK 1</p> <p>Raw vegetable sticks</p>	<p>SNACK 1</p> <p>Pear & orange slices</p>	<p>SNACK 1</p> <p>Fresh apple</p>	<p>SNACK 1</p> <p>Apple compote</p>	<p>SNACK 1</p> <p>Dates</p>	<p>SNACK 1</p> <p>Raspberries with plain yoghurt</p>
LUNCH	<p>LUNCH</p> <p>Potato cubes sauteed with meat and cilantro</p>	<p>LUNCH</p> <p>Chicken, zucchini and mashed potatoes</p>	<p>LUNCH</p> <p>Baked fish with brown rice and broccoli</p>	<p>LUNCH</p> <p>Lentil soup with toast</p>	<p>LUNCH</p> <p>Pasta with meatballs in tomato sauce</p>	<p>LUNCH</p> <p>Arayes Kafta</p>	<p>LUNCH</p> <p>Chicken ratatouille with rice and vegetables</p>
SNACK 2	<p>SNACK 2</p> <p>1 cup of Growing up Milk (200 ml) & 1 small banana</p>	<p>SNACK 2</p> <p>Fresh berries</p>	<p>SNACK 2</p> <p>Mango cubes & yoghurt</p>	<p>SNACK 2</p> <p>1 cup of Growing up Milk & fresh strawberries</p>	<p>SNACK 2</p> <p>Fresh melon</p>	<p>SNACK 2</p> <p>1 cup of Growing up Milk & Fresh watermelon</p>	<p>SNACK 2</p> <p>1 cup of Growing up Milk & kiwi or peach slices</p>
DINNER	<p>DINNER</p> <p>Halloumi sandwich with vegetables</p>	<p>DINNER</p> <p>Labaneh sandwich with vegetables and 1 cup of Growing up Milk</p>	<p>DINNER</p> <p>Hummus sandwich with vegetables and 1 cup of Growing up Milk</p>	<p>DINNER</p> <p>Grilled turkey and cream cheese sandwich</p>	<p>DINNER</p> <p>Rice flakes with 1 cup of Growing up Milk</p>	<p>DINNER</p> <p>Cheese on toast and tomatoes</p>	<p>DINNER</p> <p>Grilled Cheese Rkakat (cheese rolls) with cucumber slices</p>

