

Kids meal plan

WEEK 1

- Monday: Besan chilla
- Tuesday: Cheese/Ham Pesto Sandwiches
- Wednesday: Mini Masala Rava Idlis
- Thursday: Veg/Chicken Waffle Sandwiches
- Friday: Instant Ragi Dosa



WEEK 2

- Monday: Green Moong Sprout Dosa
- Tuesday: Mini Sweet Potato & Beetroot Burgers
- Wednesday: Cheese/Chicken Quesadillas
- Thursday: Paneer Bhurji Sandwich
- Friday: Hummus & Veggie Roll-Ups

WEEK 3

- Monday: Mini Pizzas
- Tuesday: Oats Paniyaram
- Wednesday: Cucumber Sandwich
- Thursday: Mini Uttapam
- Friday: Spinach pasta



WEEK 4

- Monday: Corn & Spinach Macaroni
- Tuesday: Carrot & Corn Tikkis
- Wednesday: Broccoli Cheese nuggets
- Thursday: Poha
- Friday: Banana & Nutella Pinwheel Roll

WEEK 5

- Monday: Vermicelli
- Tuesday: Lemon Rice
- Wednesday: Curd and suji sandwich
- Thursday: Oats & Sooji Pancakes
- Friday: Beetroot Waffles

