# Kenisha Daycare – Weekly Menu Plan

## Breakfast

**Monday:** Porridge – Cornmeal / Oatmeal / Banana

**Tuesday:** Cereal – Cheerios etc.

**Wednesday:** Porridge – Oatmeal / Cornmeal etc.

**Thursday:** Pancake

**Friday:** Bread (Whole Wheat) – Scrambled eggs

## Lunch

**Monday:** Brown rice, chicken or turkey, rice, stewed beans

**Tuesday:** Pasta & chicken, vegetables

**Wednesday:** Meatballs, pasta, lima beans or chicken, tomato, carrot & broccoli

**Thursday:** Steamed fish

**Friday:** Soup – Pumpkin, dumplings, whole wheat, chicken