



Bon Appétit!

6 OCTOBER
MONDAY

Grated carrot
Cantonese-style fried rice
with sausages
Plain yogurt with sunflower seeds
and kithul honey

7 OCTOBER
TUESDAY

Falafel with yogurt sauce drizzle
Vegetarian chilli con carne (no chilli,
no meat) with pasta
Cheese wedge and bread



8 OCTOBER
WEDNESDAY

Tomato salad
Chicken kottu with vegetables
Seasonal fruit



9 OCTOBER
THURSDAY

Kale and cucumber salad
Fish purée gratin
Yogurt

Some ingredients may change depending on availability.



Baby
Valentina
MADE BY MUMMY