

# healthy food for kids

Nutritional information every parent needs to know to provide a healthy diet for their child



	Breakfast	Lunch	Snack	Dinner
Monday	Cereal and Bananas	Salad wrap with Pineapple	Pistachios and Savoury biscuits	Couscous, chicken, and veggies
Tuesday	Mango Smoothie	Egg salad sandwich	Apple and Dried fruit bar	Sliced Beef and Rice
Wednesday	Oats and almonds	Macaroni and Cheese	Orange and Cereal bar	Baked Potato with bacon
Thursday	Cheese and Ham Omelette	Banana sandwich	Apple and yogurt	Tuna potato bake
Friday	Toast with peanut butter	Beef wrap	Oranges and Grapes Fruit Salad	Hamburgers and roasted potatoes

