



A Reggio Emilia Approach Pre School

kinder kochbuch

KIDS COOK BOOK

Centro Internazionale Loris Malaguzzi,
Reggio Emilia



Domeniche
al Centro

visite guidate e proposte per insegnanti,
educatori, studenti e persone curiose

Dear Parents,
At Organic Kids, we believe that healthy eating is an important part of a child's growth, learning and overall well-being. We have prepared a simple Healthy Food Plan to encourage nutritious, balanced and child-friendly eating habits.

We encourage you to send fresh, wholesome and homemade foods in your child's lunch box, including fruits, vegetables, whole grains, proteins and healthy snacks. Kindly limit packaged, sugary and highly processed foods.

Together, let us help our little ones develop healthy eating habits for a healthier and happier childhood!

Warm regards,

Team

Organic Kids Preschool

nutrition is the key
OF

HEALTHY BODY & MIND

DAILY FOOD PLAN

MONDAY

PANEER STUFFED PARATHA &
TOSSED BOILED POTATO

TUESDAY

RAWA (SOOJI) HALWA

WEDNESDAY

CHEESE / VEG SANDWICH

THURSDAY

PURI & SEASONAL VEGETABLE

FRIDAY

PANEER / EGG ROLL

NOTE: - KETCHUP AND SAUCE IS TO BE REFRAINED

DAILY FRUITS & NUTS PLAN

MONDAY

CUCUMBER / CARROT

TUESDAY

WATER MELON / MUSK MELON

WEDNESDAY

APPLE / PEARS

THURSDAY

WALNUT & DATES

FRIDAY

CASHEW & DATES

NOTE: -RAISIN IS TO BE REFRAINED