



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



 **OrganicKids** [®]

A Reggio Emilia Approach Pre School

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

M O N D A Y

PANEER STUFFED PARATHA
OR
VEG. SANDWICH

T U E S D A Y

VEG. PULAO
OR
ALOO PARATHA

W E D N E S D A Y

PURI & SEASONAL VEGETABLE
OR
CHEESE WHEAT PASTA

T H U R S D A Y

FRIED RICE WITH PANEER
OR
VEG. ROLL

F R I D A Y

MY CHOICE FRIDAY !

NOTE: - KETCHUP AND SAUCE IS TO BE REFRAINED



DAILY FRUITS & NUTS PLAN

M O N D A Y

CARROT
OR
DRY FRUIT

T U E S D A Y

APPLE
OR
DRY FRUIT

W E D N E S D A Y

BANANA
OR
DRY FRUIT

T H U R S D A Y

POMEGRANATE
OR
DRY FRUIT

F R I D A Y

CASHEW & DATES

