



Tannie Net's Daycare Dairy-free Meal Plan



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 	 Mince, Peas & Rice	 Chicken, Broccoli & Pasta	 Beef Stew, Carrots & Lentils	 Butternut, Chickpeas & Spinach	 Potato, Mince & Cauliflower
Week 2 	 Sweet Potato, Chicken & Green Beans	 Mince, Kidney Beans & Tomato	 Chicken, Pasta & Mixed Vegetables	 Meatballs, Butternut Fritters & Peas	 Split Pea Soup
Week 3 	 Mince, Peas & Rice	 Chicken, Broccoli & Pasta	 Beef Stew, Carrots & Lentils	 Butternut, Chickpeas & Spinach	 Potato, Mince & Cauliflower
Week 4 	 Sweet Potato, Chicken & Green Beans	 Mince, Kidney Beans & Tomato	 Chicken, Pasta & Mixed Vegetables	 Meatballs, Butternut Fritters & Peas	 Split Pea Soup



All meals are freshly prepared on-site and included in your monthly fees.



Suitable for children requiring dairy-free and egg-free meals.