**High Hopes Daycare Monthly Menu**

**Week 1**

**Monday**
**Breakfast:** Kinche with Scrambled Eggs
**Snack:** Banana
**Lunch:** YeTelba Fitfit (Ethiopian Flaxseed Fitfit) with Injera
**Snack:** Yogurt

**Tuesday**
**Breakfast:** Scrambled Eggs with Brown Bread and Milk
**Snack:** Papaya Slices
**Lunch:** Ful (Ethiopian Spicy Fava Beans) with brown bread
**Snack:** Sesame Seed Cookies

**Wednesday**
**Breakfast:** Teff Pancakes with Honey and Milk
**Snack:** Avocado
**Lunch:** Vegetable Soup (Carrots, Potatoes, Greens) with White Bread
**Snack:** Yogurt

**Thursday**
**Breakfast:** Bula Genfo with Milk
**Snack:** Apple Slices
**Lunch:** Chicken with Rice
**Snack:** Boiled Eggs

**Friday**
**Breakfast:** Whole Wheat Toast with Avocado and a Sprinkle of Sesame Seeds, Milk
**Snack:** Strowbarry
**Lunch:** Shiro/Lentil (Misr) Stew with Teff Injera
**Snack:** Yogurt with Flax Seeds

**Week 2**

**Monday**
**Breakfast:** Beso Juice with Milk and Honey
**Snack:** Watermelon
**Lunch:** Lasagna
**Snack:** Yogurt

**Tuesday**
**Breakfast:** Pancakes with Papaya Slices, Milk
**Snack:** Grapes
**Lunch:** Macaroni with meet souse
**Snack:** Boiled Eggs

**Wednesday**
**Breakfast:** Teff chechebsa with Milk
**Snack:** Mango
**Lunch:** Beef Wat with Teff Injera
**Snack:** Yogurt

**Thursday**
**Breakfast:** Kinche with Scrambled Eggs
**Snack:** Avocado
**Lunch:** Shiro/Lentil (Misr) Stew with Teff Injera
**Snack:** Boiled Eggs

**Friday**
**Breakfast:** Teff Pancakes with Honey, Milk
**Snack:** Papaya
**Lunch:** Pasta with Vegetables
**Snack:** Yogurt with Sesame Seeds

**Week 3**

**Monday**
**Breakfast:** Scrambled Eggs with Brown Bread and Milk
**Snack:** Banana
**Lunch:** Beef Wat with Teff Injera
**Snack:** Yogurt with Flax Seeds

**Tuesday**
**Breakfast:** Pancakes with Banana Slices, Milk
**Snack:** Watermelon
**Lunch:** Rice with Vegetables
**Snack:** Boiled Eggs

**Wednesday**
**Breakfast:** Fatira with Honey, Milk
**Snack:** Papaya
**Lunch:** Vegetable Soup with White Bread
**Snack:** Yogurt

**Thursday**
**Breakfast:** Brown Bread French Toast with Milk
**Snack:** Grapes
**Lunch:** Fish Soup with Carrots and Potatoes, White Bread
**Snack:** Boiled Eggs

**Friday**
**Breakfast:** Teff Kita Chechebsa with Olive Oil/Butter, Milk
**Snack:** Mango
**Lunch:** Pasta with Chicken
**Snack:** Yogurt with Flax Seeds

**Week 4**

**Monday**
**Breakfast:** Scrambled Eggs with Tomatoes, Brown Bread, Milk
**Snack:** Papaya
**Lunch:** Shiro/Lentil Stew with Teff Injera
**Snack:** Yogurt

**Tuesday**
**Breakfast:** Pancakes with Banana Slices, Milk
**Snack:** Watermelon
**Lunch:** Lasagna
**Snack:** Boiled Eggs

**Wednesday**
**Breakfast:** Teff Kita Chechebsa with Honey, Milk
**Snack:** Papaya
**Lunch:** Beef Stew with Tomatoes, Carrots, and Teff Injera
**Snack:** Yogurt

**Thursday**
**Breakfast:** Kinche with Scrambled Eggs, Milk
**Snack:** Apple
**Lunch:** Shimbra Kita (Chickpea Flatbread) with Salad
**Snack:** Boiled Eggs

**Friday**
**Breakfast:** Teff Pancakes with Honey, Milk
**Snack:** Banana
**Lunch:** Sambusas with Meat, served with a Vegetable Salad
**Snack:** Yogurt with Sesame Seeds

This menu combines traditional Ethiopian dishes like YeTelba Fitfit, Ful, and Tef Kita Chechebsa with familiar foods like pancakes, scrambled eggs, and pasta, ensuring a varied and nutritious meal plan for the children.