



MENÙ FOR PRESCHOOLERS

- MENU FROM MARCH 1 TO
MARCH 7 -

YU

VALENTINA CACCIATO

MONDAY

BREAKFAST

- MILK
- RUSKS WITH JAM

LUNCH

- PASTA WITH TOMATO SAUCE
 - FISH (SALMON)
 - VEGETABLES (PEAS)
 - FRUITS (KIWI)

AFTERNOON SNACK

- PUDDING

DINNER

- EGGS
- VEGETABLES (SALAD)
- BREAD
- FRUITS (APPLE)



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TUESDAY

BREAKFAST

-YOGURT AND CEREALS

LUNCH

-PASTA WITH PESTO

-MEAT (VEAL)

- VEGETABLES (GREEN SALAD)

-FRUITS (STRAWBERRIES)

AFTERNOON SNACK

-FRUITS (BANANA)

DINNER

-MOZZARELLA

-VEGETABLES (TOMATOES)

-BREAD

-FRUITS (PEAR)



YU



WEDNESDAY

BREAKFAST

- ORANGE JUICE
- BREAD WITH A PIECE OF CHOCOLATE

LUNCH

- PASTA WITH LEGUMES (LENTILS)
- VEGETABLES (COOKED CARROTS)
- FRUITS (ORANGE)

AFTERNOON SNACK

- CRACKERS

DINNER

- MEAT (MEATBALLS WITH SAUCE)
- VEGETABLES (COURGETTES)
- FRUITS (MANDARIN ORANGE)



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THURSDAY

BREAKFAST

-FRUITS (BANANA)

LUNCH

-SAFFRON RICE

-CHEESE

-VEGETABLES (GREEN BEANS)

-FRUITS (PEAR)

AFTERNOON SNACK

-FRUIT MOUSSE

DINNER

-FISH (SALMON)

- VEGETABLES (BEETS)

-FRUITS (APPLE)



FRIDAY BREAKFAST

- MILK
- BISCUITS

LUNCH

- BAKED LASAGNA
- VEGETABLES (SALAD)
- FRUITS (STRAWBERRIES)

AFTERNOON SNACK

- FRUIT ICE CREAM

DINNER

- MEAT (CHICKEN WITH LEMON)
- VEGETABLES (BOILED POTATOES)
- BREAD
- FRUITS (KIWI)



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SATURDAY

BREAKFAST

- CREPES WITH CHOCOLATE/ JAM
- MILK

LUNCH

- PASTA WITH TUNA
- VEGETABLES (FENNELS)
- FRUITS (APPLE)

AFTERNOON SNACK

- FRUITS (PEAR)

DINNER

- RICOTTA CHEESE
- VEGETABLES (TOMATOES)
- BREAD
- FRUITS (MANDARIN ORANGE)



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SUNDAY BREAKFAST

- TEA
- CEREALS

LUNCH

- PIZZA
- FRUITS (KIWI)

AFTERNOON SNACK

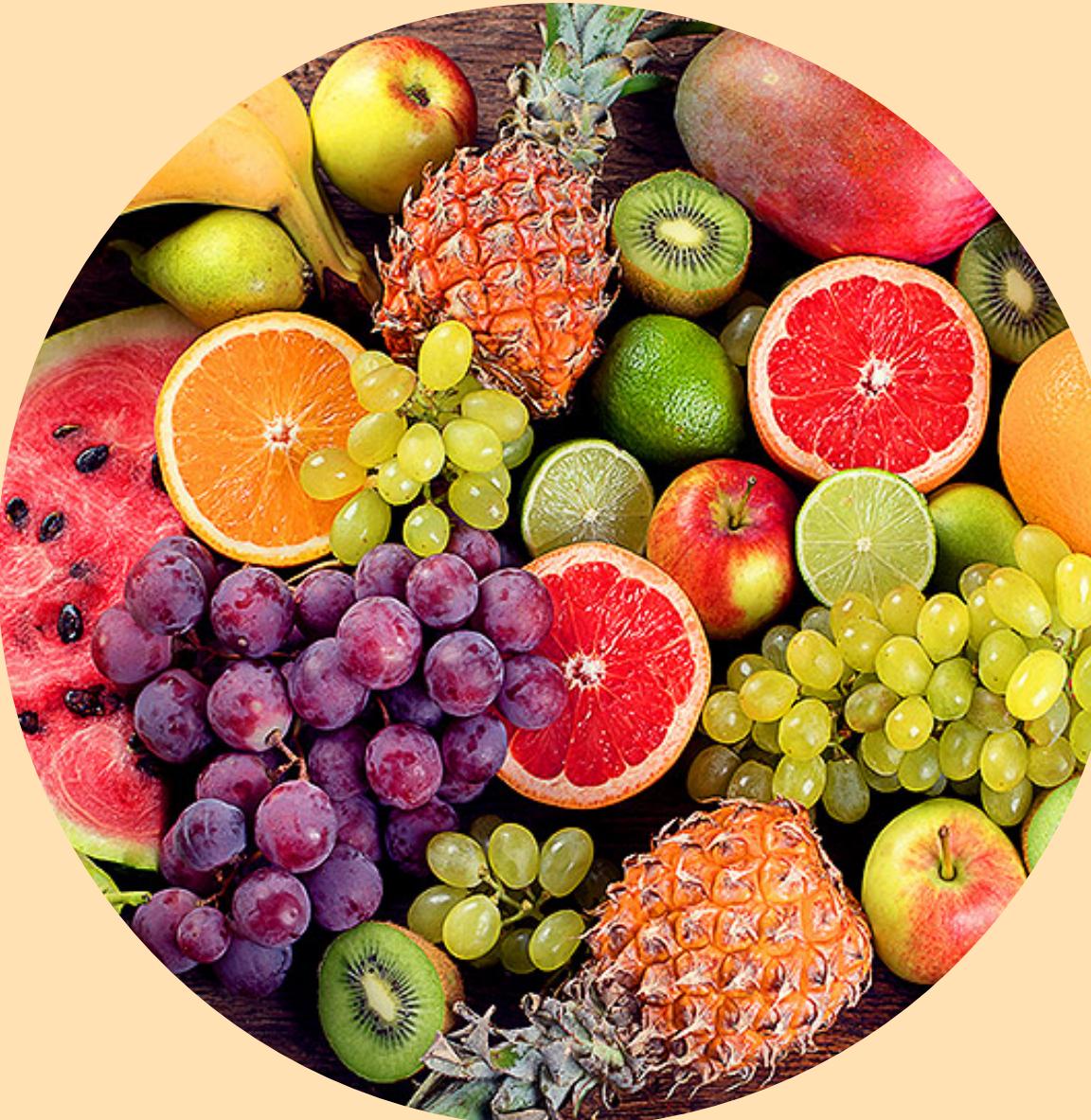
- BREAD WITH CHOCOLATE BAR

DINNER

- FISH (CODFISH)
- VEGETABLES (BOILED POTATOES)
- FRUITS (MANDARIN ORANGE)

REPORT AND EXPLANATION

- I ONLY INCLUDED SEASONAL FRUIT BECAUSE THEY PROVIDE BETTER QUALITY
- I INCLUDED THE MAIN VEGETABLES: DARK GREEN VEGETABLES, RED AND ORANGE VEGETABLES, OTHER VEGETABLES AND PEAS AND BEANS. FIBER IS FOUND IN VEGETABLES



- I INCLUDED CARBOHYDRATES SUCH AS PASTA, BREAD ETC. ALL WHOLE FOODS BECAUSE THEY CONTAIN MUCH MORE FIBRE, VITAMINS, MINERALS AND ANTIOXIDANTS THAN REFINED CARBOHYDRATES SUCH AS WHITE BREAD
- I HAVE INCLUDED PROTEINS SUCH AS LEGUMES, POULTRY, MEAT AND FISH. THEY HELP OUR BODY MAKE NEW TISSUES AND REPAIR DAMAGED CELLS



- I HAVE INCLUDED DAIRY PRODUCTS SUCH AS YOGURT, MILK, CHEESE, PUDDINGS AND CHOCOLATE BECAUSE THEY PROVIDE CALCIUM, WHICH FAVORS THE GROWTH OF THE CHILD
- I HAVE INCLUDED SEVERAL CHOICES DURING THE WEEK, FOR THOSE WHO EAT WHITE OR FOR THOSE WHO ARE ALLERGIC TO DIFFERENT FOODS

