

**Natalia
Manno
3P**

MONDAY



Breakfast:

- milk (with a teaspoon of honey)
- cereal

Morning snack:

- apple

Lunch:

- pasta with tuna and tomatoes
- green beans
- tofu



Afternoon snack:

- yogurt
- or
- dried fruit

Dinner:

- bulgur e quinoa
- baked chicken bites
- baked mixed vegetables (carrots, zucchini e pepper)



TUESDAY

Breakfast:

- tea
- cookies
- an apricots

Morning snack:

- yogurt with cherries

Lunch:

- risotto with spinach cream
- patties of codfish
- artichokes

Afternoon snack:

- kiwi
- or
- banana

Dinner:

- mashed potatoes
- broccoli
- turkey burger



WEDNESDAY



Breakfast:

- orange juice
- rusk with strawberry jam

Morning snack:

- dried fruit
- coconut

Lunch:

- pasta with sausage sauce
- baked eggplant

Afternoon snack:

- yogurt with pieces of peaches

Dinner:

- cabbage
- wholemeal bread toast with cheese and ham



THURSDAY

Breakfast:

- milk
- rusk with hazelnut cream
- dried fruit

Morning snack:

- cracker

Lunch:

- noodles
- baked broccoli
- egg

Afternoon snack:

- plum
- or
- ananas

Dinner:

- salad of lettuce and tomatoes
- cutlet



FRIDAY



Breakfast:

- orange juice
- homemade croissant

Morning snack:

- clementine

Lunch:

- risotto with zucchini and shrimp
- baked pumpkin chips

Afternoon snack:

- rye bread with apricots jam

Dinner:

- baked potatoes
- grilled salmon
- zucchini



SATURDAY



Breakfast:

- tea
- blueberry muffin

Morning snack:

- yogurt with raspberries

Lunch:

- tortellini
- corn
- cucumber

Afternoon snack:

- melon ice-cream

Dinner:

- pizza

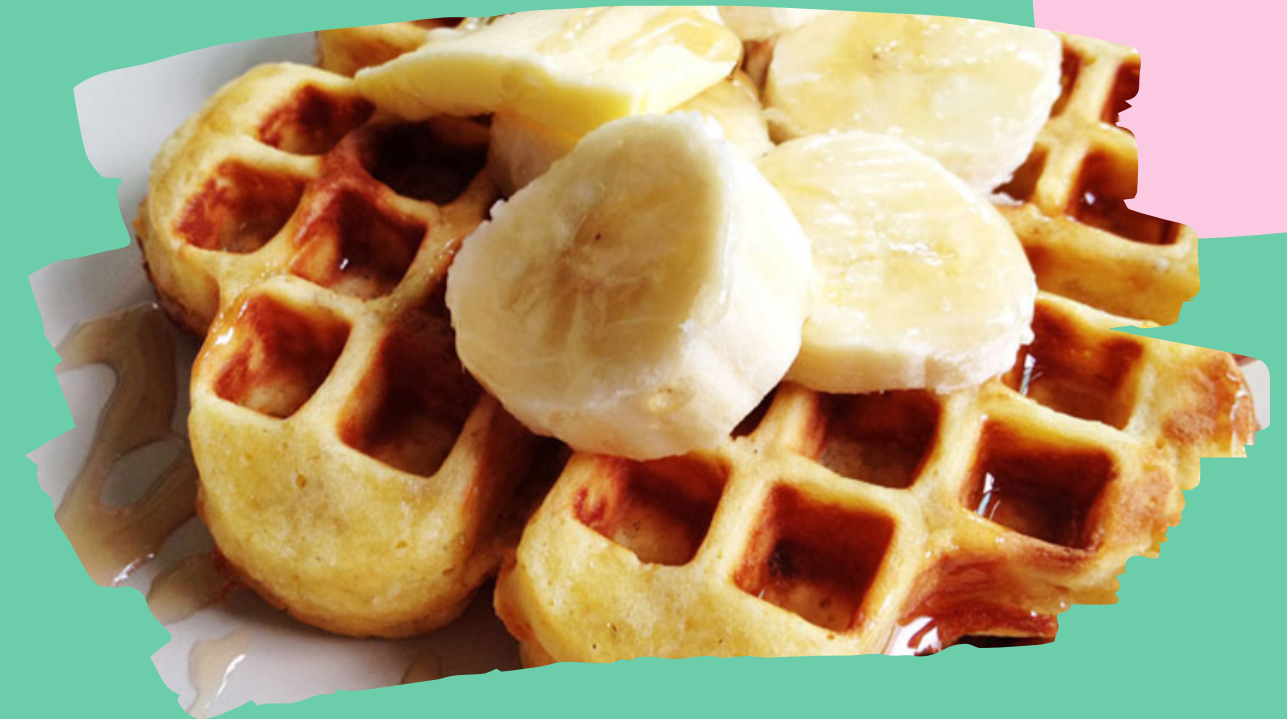


SUNDAY



Breakfast:

-waffle with banana and maple syrup



Morning snack:

-granola bars

Lunch:

-gnocchi with pesto
-chicken breast
-mushrooms

Afternoon snack:

-apple pie

Dinner:

-rice balls with tomatoes sauce and mozzarella
-brussels sprouts

