



“I eat, therefore I am”



UDA inglese



Monforte Chiara 3P



MONDAY

breakfast:

a cup of whole milk and cornflakes

snack:

pack of crackers and fruit juice



Lunch:

pasta with tomato and grated cheese, chicken breast slices, peas and apple

snack:

slice of bread with hazelnut cream

Dinner:

cod, potatoes and carrots, kiwi



MENU

TUESDAY

breakfast:

white yogurt and 5 biscuits

snack:

slice of bread and jam

Lunch:

rice with mushrooms and grated cheese, 2 hard boiled eggs and banana

snack:

dark chocolate bar and milk

Dinner:

beef steak, spinach, mozzarella and orange



WEDNESDAY

breakfast:

a cup of whole milk and piece of apple pie

snack:

fruit salad (orange, kiwi, banana)

Lunch:

pumpkin soup, pork stew and chickpea

snack:

strawberry ice cream and orange juice

Dinner:

baked frittata, slice of bread, artichokes and pear



 seasonal fruit

 seasonal vegetables

 whole grain bread



MENU

THURSDAY

breakfast:

granola bar and apple juice

snack:

white yogurt

Lunch:

pasta soup, cheese, 2 slices of cooked ham and apple

snack:

5 biscuits and a cup of whole milk

Dinner:

grilled sole, salad and banana



FRIDAY

breakfast:

bread with hazelnut cream and a cup of whole milk

snack:

piece of cheesecake

Lunch:

pasta with asparagus, roast pork, cauliflower and kiwi

snack:

rusks with jam

Dinner:

baked chicken croquette, lentils and orange



SATURDAY

breakfast:

bread with jam and a cup of whole milk

snack:

pack of crackers and pear juice

Lunch:

rice with olive oil and grated cheese, 5 tomatoes, mozzarella and mandarin

snack:

taralli and orange juice

Dinner:

pizza, raw carrots and banana



SUNDAY

breakfast:

strawberry milkshake and 3 biscuits

snack:

chocolate bar and a cup of whole milk

Lunch:

pasta with pesto and grated cheese, roast chicken and roast potatoes

snack:

fruit salad (orange, kiwi, banana)

Dinner:

meatballs, bread, beans and mandarin



 seasonal fruit

 seasonal vegetables

 whole grain bread



Report

This is my weekly preschool children's menu. I inserted 3 main meals and two snacks. I realized it taking into account various aspects. First I took into account all the rules for a healthy diet for the development and growth of the children. Then I included in my menu only seasonal fruits and vegetables and whole grain bread. I have limited the beverages and foods with a high intake of fat sugar and salt. I have included protein foods such as (eggs, meat and fish) twice a day, dairy products such as (yogurt, milk, cheese and mozzarella) 2/3 times a day, carbohydrates such as (bread, pasta, potatoes) 3 times a day, vitamins such as (fruits and vegetables) 4 times a day. I added some sugary element or to breakfast or snack and pizza and ice cream once a week. I preferred to insert baked foods instead of fried and i replaced nutella with hazelnut cream. I tried to vary the foods as much as possible.