

MONDAY



breakfast:

a cup of whole milk and cornflakes

snack:

pack of crackers and fruit juice

Lunch:

breakfast:

white yogurt and 5 biscuits

snack:

slice of bread and jam

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

Lunch:

pasta with tomato and rice with mushrooms grated cheese, chicken 2 hard boiled breast slices, peas and apple

snack:

Dinner:

slice of bread with hazelnut cream

cod, potatoes and

carrots, kiwi

and grated cheese, eggs and banana

snack:

dark chocolate bar and milk

Dinner:

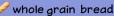
baked frittata, slice of bread, artichokes and pear

Dinner:

beef steak. spinach, mozzarella and orange

seasonal fruit

🥦 seasonal vegetables



THURSDAY





AND DESIGNATION OF THE PERSON breakast:

snack:

granola bar and apple juice



white yogurt

breakast:

bread with hazelnut cream and a cup of whole milk

snack:

breakast:

piece of cheesecake

bread with jam ___ and a cup of whole milk snack:

pack of crackers and pear juice

breakast:

strawberry milkshake and 3 biscuits

snack:

chocolate bar and a cup of whole milk

Lunch:

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

snack:

5 biscuits and a cup of whole milk

Lunch:

pasta with asparagus, roast pork, cauliflower and kiwi

snack:

rusks with jam

Lunch:

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

snack: taralli and orange juice

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

snack:

fruit salad (orange, kiwi, banana)

Dinner:

grilled sole, salad and banana

Dinner:

baked chicken croquette, lentils and orange

Dinner:

pizza, raw carrots and banana



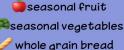
Dinner: meatballs, bread,

beans and mandarin









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.