



WEEKLY

# menu

For preschoolers



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## WEEKLY



### Monday

#### Breakfast

- Milk and 4 cookies

#### Snack

- A packet of crackers

#### Lunch

- Pasta with tomato
- Philadelphia
- Pear

#### Snack

- A Piece of Apple Pie

#### Dinner

- Roast chicken
- roast potatoes
- banana



### Tuesday

#### Breakfast

- 2 Slice of whole grain bread with hazelnuts

#### Snack

- Yoghurt with fruit

#### Lunch

- Minestrone (with carrots, celery and peas)
- 2 eggs
- Kiwi

#### Snack

- Fruit salad (with tangerines, banana and kiwi)

#### Dinner

- Cod
- Spinach
- Whole grain bread
- Orange

### Wednesday

#### Breakfast

- Milk and cornflakes

#### Snack

- Apple

#### Lunch

- Pasta with pesto
- Cherry mozzarella with tomatoes
- Banana

#### Snack

- Mix of pistachio, peanuts and almonds

#### Dinner

- 2 Slice of roast veal
- Salad (with tomatoes, lettuce and corn)
- Pear





# Menu

## WEEKLY



### Thursday

#### Breakfast

- Yoghurt and 3 cookies

#### Snack

- 2 piece of Grana

#### Lunch

- Rice with cream of mushroom
- Green beans
- 5-6 bunches of grapes

#### Snack

- Mix of pistachio, nuts and almonds

#### Dinner

- Plaice in the oven
- Carrots and zucchini
  - bread
- Apple

### Friday

#### Breakfast

- Orange Juice
- A piece of Apple Pie

#### Snack

- A packet of crackers

#### Lunch

- Pasta with beans
- Stracchino
- Orange

#### Snack

- Strawberry and banana smoothie

#### Dinner

- Baked frittata
- Baked artichokes
- Tangerine

### Saturday

#### Breakfast

- 2 Rusks with jam

#### Snack

- Mix of peanuts and almonds

#### Lunch

- Rice with saffron
- Lentils and chickpea
- 2-3 Strawberries

#### Snack

- 4 taralli

#### Dinner

- 2 Mozzarella
- Salad (with tomatoes and tuna)
  - bread
- 2-3 bunches of grapes

### Sunday

#### Breakfast

- A granola bar
- fruit salad (with kiwi, pear and banana)

#### Snack

- 2 piece of Grana

#### Lunch

- Noodle soup
- 2 eggs
- Tangerine

#### Snack

- Chocolate bar

#### Dinner

- Pizza
- Carrots and fennel
- 3 Strawberries



• Seasonal fruit

• Seasonal vegetable

# REPORT

This is my weekly menu from Monday to Sunday with all meals of the day (breakfast, snack, lunch, snack, dinner) for preschoolers. I have used healthy and varied foods to get a healthy diet that contains all nutrients that are essential to the growth of the child. I have put fruit and vegetables seasonal (they are healthier because are without additives), I have removed sweet drinks, reduced sweet salted and fat foods, so I have preferred a breakfast or a snack with fruit or cereal, but also rich in calcium and vitamins. I have provided essential daily intake of protein by including meat, fish or eggs (1-2 portions a day); of carbohydrates by including pasta, bread, rice or potatoes (2-3 portions a day); of dairy products by including yoghurt, milk, cheese or mozzarella (2-3 portions a day); of vitamins and mineral including fruit, vegetables, legumes or dried fruit (4-5 portions a day). I preferred to put baked food instead of fried foods, I replaced the nutella with the hazelnut and I put pizza and a chocolate bar once a week for the intake of sugar and because chocolate gives energy, and I preferred whole grain bread to white bread, because It's more digestible . I've tried to create a healthy and varied menu, but with all the nutrients needed.