

Menu for kids



BREAKFAST

- milk with cookies

or

-orange juice with lactose-free cookies

MORNING SNACK

- muffin with jam

or

- banana/apple

LUNCH

-pasta with tomato

-hamburger with broccoli or salade and carrots

AFTERNOON SNACK

-piece of banana with chocolate/dark chocolate topping

DINNER

-vegetable soup

-chicken slices with baked potatoes

Monday



Tuesday



BREAKFAST

-pancake/pancake lactose-free with strawberry

MORNING SNACK

-dried fruit

LUNCH

-rice with peas

-baked fish (tuna/salmon)

AFTERNOON SNACK

- plum/peach

DINNER

-baked omelette

-spinach

-wholegrain bread

03

BREAKFAST

-milk/lactose-free milk with cereals/ lactose free cereals

MORNING SNACK

-pudding/lactose-free pudding

or

-melon/watermelon

LUNCH

-tagliatelle with meat sauce

-boiled potatoes and green beans

AFTERNOON SNACK

- homemade raspberry popsicle

DINNER

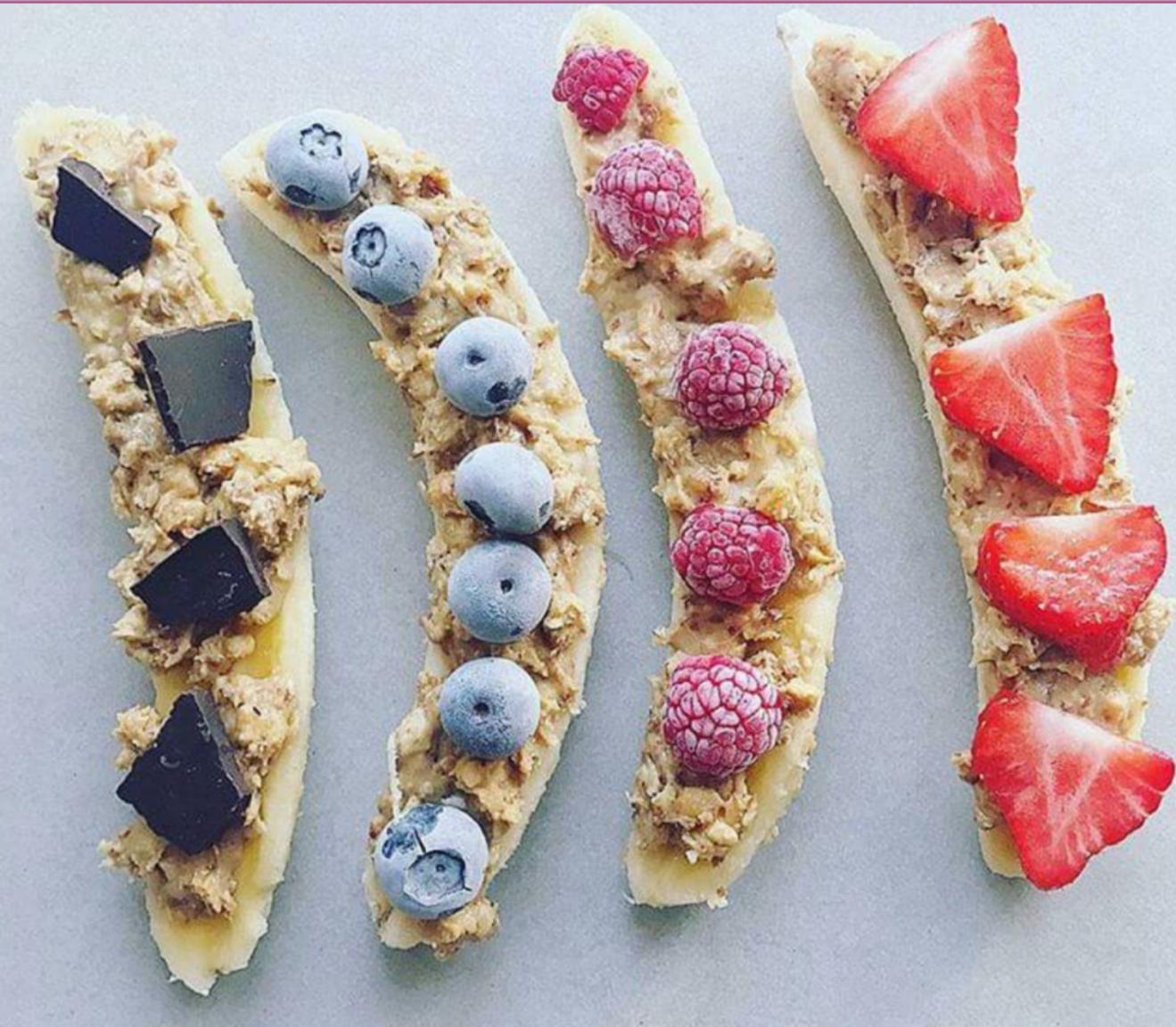
-soup with baby pasta

-baked pumpkin

Wednesday



Thursday



-BREAKFAST

-milk with cookies

or

-orange juice with lactose-free cookies

MORNING SNACK

-pear yogurt

or

-pear or apple

LUNCH

-pasta with eggs and zucchini

-salade with carrots and tomatoes

AFTERNOON SNACK

-banana boat

DINNER

-meatballs with broccoli

-wholegrain bread

BREAKFAST

pancake/pancake lactose-free
with banana and raspberry

MORNING SNACK

- cracker
- coconut

LUNCH

- spaghetti with clams
- fish on a stick

AFTERNOON SNACK

- strawberry and pineapple
smoothie
- lactose-free ricotta mousse
with strawberries

DINNER

- fish and chips
- baked vegetables

Friday



Saturday



BREAKFAST

-milk/lactose-free milk with cereals /
lactose-free cereals

MORNING SNACK

-pear/ananas/kiwi

LUNCH

-chicken with tomato sauce and
mushrooms

-polenta

AFTERNOON SNACK

-pudding/ lactose-free pudding with
strawberry

DINNER

-pizza

BREAKFAST

-milk with chocolate and cookies
or

-lactose-free milk with lactose-free
cookies

MORNING SNACK

- hazelnut cream sandwich
or

-lactose-free chocolate

LUNCH

-baked sausage and lentils

AFTERNOON SNACK

-peach ice-cream
or

peach lactose-free ice-cream

DINNER

-brie and tomatoes and salade
-wholegrain bread

sunday



I made a menu for the children without any intolerance and for the children with an intolerance to lactose

