

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATERDAY	SUNDAY
MORNING	Milk, bread, honey	Eggs, bread, orange juice	Tea with milk and fruits	A piece of cake and milk	Tea with biscuits	Bread, butter and marmalade	Homemade cookies
MIDDAY	Chicken with rice	Meat, salad	Pasta with tomatoes	Fish with potatoes and salad	Cheese pie	Steak and salad	Fish , bread, salad
AFTERNOON	Apples	Chocolate	A banana and chocolate	fruits	A piece of apple pie	Orange juice	fruits
EVENING	A soup with vegetables	Salad, yogurt	Sandwich with cheese and ham	Yogurt with fruits	A soup of chicken	Rice with vegetables	Milk with cornflakes

THE DIET OF FARMER BUNCE

BY ELEANNA XENIDI, E2