

Bunce's Diet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Milk & Fruit	Cereal without Sugar	Toast with jam & Milk	Bread with Cheese & Milk	Milk & Fruit	Sandwich	Bread with jam
Lunch	Peas & Salad	Chicken & Salad	Spaghetti & Salad	Lentils & Salad	Fish & Salad	Spinach pie	Beef with rice & salad
Dinner	Soup	Fruit	Yoghurt	Soup	Fruit	Yoghurt	Soup

Eleftheria Vossinaki

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