

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

Cereal with milk



bread and honey



yoghurt with fruit



omelette



milk with biscuits



toast



bread with jam



NOON

Fish with



Potatoes



chicken with

rice



peas



barley



spaghetti with minced meat



spinach with rice



lentils



AFTERNOON

Yoghurt



apple



banana



mandarin orange



pear



watermelon



melon



NIGHT

Salad



toast



egg



soup



baguette



pie



salad

