

## WEEK1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Yoghurt	Rice pudding with apples	French toast	Pancakes	Oatmeal porridge
Toasted bread with butter	Toasted bread with butter	Toasted bread with butter	Toasted bread with butter	Toasted bread with butter
Cornflakes with milk	Cornflakes with milk	Cornflakes with milk	Cornflakes with milk	Cornflakes with milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Zucchini soup	Carrot cream soup	Beetroot soup	White beans soup	Mushroom soup
Chicken chops	Meatballs	Schnitzel	Meatloaf	Baked chicken drumsticks
Rice with vegetables	Pasta with vegetables	Baked potatoes	Buckwheat	Mashed potatoes
Platter of vegetables	Platter of vegetables	Platter of vegetables	Platter of vegetables	Platter of vegetables
Carrot cake		Apple pie		Cookies
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit

## WEEK2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cereal, fruit and yoghurt pot	Boiled eggs	Khachapuri	Rice pudding with peaches	French toast
Toasted bread with butter	Toasted bread with butter	Toasted bread with butter	Toasted bread with butter	Toasted bread with butter
Cornflakes with milk	Cornflakes with milk	Cornflakes with milk	Cornflakes with milk	Cornflakes with milk
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Greek Yoghurt soup	Pumpkin cream soup	Lentil soup	Vegetable soup	Tomato soup
Beef chops	Sticky Chicken	Meatballs	Spaghetti Bolognese	Schnitzel
Mashed potatoes	Pasta with vegetables	Buckwheat		Potato Gratin
Platter of vegetables	Platter of vegetables	Platter of vegetables	Platter of vegetables	Platter of vegetables
Apple crumble		Beetroot brownies		Cookies
Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit