

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee and milk + biscuits	Coffee and milk + cereals	Coffee and milk + bread with butter and jam	Coffee and milk + cookies	Coffee and milk + cereals	Coffee and milk + bread with butter and jam	Coffee and milk + pancakes + croissant + cake
Lunch	Pasta with legumes + steak + fruit	Pasta with tomato sauce + meat + fruit	Risotto + fish + fruit	Spaghetti with pesto, ham and mozzarella + fruit	Pasta with tomatoes, basil and cheese + fruit	Spaghetti with mussels + fruit	Lasagna + meat + fruit
Snacks	Yoghurt	Cookies	Crackers	Fruit	Yoghurt	Cookies	Chocolate cake
Dinner	Hamburger with salad	Fish and mashed potatoes	Eggs (scrambled)	Chicken with vegetables	Fried eggs	Pizza	Leftovers
All meals with bread							
Drinks	Water, tea, fruit juice, hot chocolate, coca cola						