

5.

BREAKFAST

LUNCH

SNACK

Monday

Cereal

**Chicken pasta,
Grated veggie salad**

**Oatmeal biscuits,
Fruit**

Tuesday

Porridge

**Fish soup,
Fresh veggies**

Pizza

Wednesday

Porridge

**Soy bolognese,
Spaghetti,
Grated veggie salad**

Berry pie

Thursday

Porridge

**Fish steaks,
Mashed potatoes,
Warm vegetables**

Quark

Friday

Porridge

**Meat sauce,
Boiled potatoes,
Green salad**

Fruit smoothie

