

Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Rice crackers With cheese cubes and carrot sticks	Strawberries and sunflower seeds with yogurt	Crackers with spread and clementines	Lemon and coriander Humus with Pitta bread	Peaches with breadsticks
Prepare		Banana Buns (eat better start better pg 35)	Mango Melon Strawberries		
Lunch	Vegetable croquettes With salad and sweet potato cubes	Vegetable fried rice with Chicken Manchurian	Mini Pizza Quiches and cold carrot salad	Italian Chicken and Tomato Pasta With cucumber and lettuce salad	Fish cakes with potato wedges and salad
Desert	Fruit cocktail flan with crème fraiche	Banana Buns	Exotic fruit Salad	Dates with yogurt	Blueberry cheesecake
Shopping or Afternoon prepare			Mango Melon Strawberries	Prepare Blueberry Cheesecake	