



Weekly Meal Plan - 1



MONDAY

B: Oats, yoghurt, fruit

L: Wholegrain pasta with broccoli, carrots, dried tomatoes and chicken breasts

S: Tortilla pinwheels

D: Ham and cheese toast with a side salad

TUESDAY

B: Wholegrain bread, cream cheese, ham

L: Salmon with rice and broccoli

S: Fruit salad

D: Red lentil and carrot soup

WEDNESDAY

B: Scrambled eggs with spinach and tomatoes

L: Mashed potatoes and stuffed peppers

S: Hummus and carrot sticks

D: Tuna lettuce wrap



THURSDAY

B: Porridge with fruit

L: Tortillas with chicken breast, red beans, guacamole and sliced vegetables

S: Fruit yoghurt

D: Cesar salad

FRIDAY

B: Bread with avocado, smoked salmon and eggs

L: Sweet potatoes and chicken wings bake

S: Apple slices with peanut butter

D: Rice pudding with cinnamon

SATURDAY

B: Millet porridge with sliced fruit

L: Roasted turkey breast with sweet potatoes and Brussels sprouts

S: Dried fruit and nut mix

D: Roasted red pepper and tomato soup with ricotta

SUNDAY

B: Banana pancakes

L: Spaghetti Bolognese and lettuce salad

S: Yoghurt with cornflakes

D: Spanakopita with yoghurt



>> EUROPEAN WALKING TOUR >>



Co-funded by the Erasmus+ Programme of the European Union

