



Weekly Meal Plan - 2



MONDAY	
B:	Wholegrain bread with cottage cheese, basil , red pepper
L:	Roasted fresh broccoli with garlic, lemon, and parmesan cheese and roasted trout
S:	Peanut hummus with fruits and vegetables sticks
D:	Feta and aubergines pizza

TUESDAY	
B:	Wholegrain bread, ham, lettuce
L:	Pumpkin soup, spaghetti with meat balls with added lentils and herbs
S:	Seasonal fruit
D:	Pancakes with cheese and cherry tomatoes

WEDNESDAY	
B:	Poached eggs with broccoli, tomatoes and wholegrain flatbread
L:	Pea and mint soup, chicken with sweet potato mash
S:	Goats cheese, tomato, rucola and olives triangles
D:	Pasta with lemon asparagus



>> **EUROPEAN WALKING TOUR** >>



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

THURSDAY	
B:	Cinnamon porridge with banana and berries
L:	Risotto with dried tomatoes and asparagus, grilled chicken breast
S:	Tuna lettuce wraps
D:	Griddled aubergines with yogurt dressing

FRIDAY	
B:	Overnight oats with fresh fruit, seeds and nuts
L:	Carrot and lentil soup, halloumi with kale, tabbouleh and honey harissa dressing
S:	Berry yogurt
D:	Pitta pocket with cheese cucumber and tomatoes

SATURDAY	
B:	Banana and tahini porridge
L:	Stuffed aubergines with beef and vegetables
S:	Salmon and avocado wholemeal bread and red onion
D:	Griddled peaches with prosciutto and blue cheese

SUNDAY	
B:	Herb omlette with fried tomatoes
L:	Tomato soup, salmon and spinach with tartare cream and baked potatoe
S:	Apple and pear pie
D:	Plain yogurt

