























A healthy week menu, by the pupils of form 8.

Smakelijk eten – buno appetito - smaczne jedzenie - okusna hrana - garšīgs ēdiens!!!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fresh pancakes 	yogurt with berries 	Breakfast pizza with egg and bacon 	oatmeal with rye bread special 	Dutch bouncer 	Yogurt Granola + cracker + Cheese and cucumber  	We sleep in and have brunch! dutch pea soup with rye bread and bacon 
Lucnh	tasty and healthy salade 	pancakes with raspberries 	fish wrabs 	soup and salade 	Egg Muffins 	tosti "hairdressers" 	pumpkin soup salad with pear brie, ice with warm cherries   
Diner	nasi with a cabbage fried egg 	Stuffed peppers 	pasta salad 	Hotchpot 	vegetable soup 	lasagne special 