**Healty family menù**



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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Break-fast | 2 slides of bread+Jam+glass of Milk | 4 biscuits++Glass of milk | Homemade cake or pie with apricot jam  | 2 slides of bread+Orange jam | 2/3 slides of crisp-bread with butter and jam | Croissant with cereals | Plum-cake+ a glass of Milk |
| Snack | Dried fruit+yogurt | sandwich with olive oil and oregano | Home-made Yogurt | Seasons fruit | Dried Fruit |  Fruit milk-shake | Orange orGrapefruit juice |
| Lunch | Pasta with tomatoes sauce+Tomatoes salad | Legume soup(beans, chickpeas,lentils, ecc…) | Rice with grilled vegetables | meatballs and broccoli | Cous-cous with frish fishes and vegetables | Spring rolls+Soy sauce | Lasagne+Meat with baked potatoes+ cannolo (sicilian sweet) |
| Snack | Frish seasonal fruit | Fruit salad | Dried fruit+Fruit milk shake | Cereals+tea | Yogurt | Biscuits+Honey | Tea |
| Dinner | Baked fishWith steamed green beans | Sousages with baked patatoes | Boiled egg+Tomatoes and raw carrots | Cheese+salad | Baked fish with aromas | Pizza | Scallops with lemon+savory pie with vegetables |
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