

# Our healthy menu

Alexandra, Darius, Vladut, Horia, Jan & Ali

A decorative graphic at the bottom of the slide consisting of a light blue wavy shape above a black wavy shape, with a light blue hatched pattern below the black shape.

# Breakfast



**Scrambled eggs with tomatoes**

**Glass of milk**



# Morning snack



Fruits

# Lunch



**Vegetable soup**



**Potatoes with  
meat and  
vegetables**

**Glass of water**



# Afternoon snack

Sandwich with ham and vegetables (tomato, lettuce).



# Dinner



**Pasta with  
spinach**



**Kompot (a juice made of  
fruits)**