

My menu



- From Monday to Sunday
- By: Kristýna Hrušková

MONDAY:

Breakfast: chocolate cereal with milk

Snack: toast with ham, apple and mineral water

Lunch: chicken meat with cream, potato, tea

Snack: yoghurt, müsli, water

Dinner: toast with butter, tea, fruit



TUESDAY:

Breakfast: cereal with milk

Snack: bread with cheese, tomato, mineral water

Lunch: beef goulash, dumpling, juice

Snack: rice rolls, juice

Dinner: risotto, cucumber, tea



WEDNESDAY:

Breakfast: roll with cacao

Snack: roll with spread, red pepper, mineral water

Lunch: meat, mashed potatoes, vegetable salad, tea

Snack: pudding, banana, water

Dinner: toast with garlic, tea



THURSDAY:

Breakfast: croissant, white coffe

Snack: cereal bread, ham, cherry tomatoes, mineral water

Lunch: pork with rice, carrot salad, juice

Snack: cheesecake, water

Dinner: semolina



FRIDAY:

Breakfast: pie, tea

Snack: toast, tangerine, mineral water

Lunch: egg, spinach, potatoes, tea

Snack: yoghurt

Dinner: shrimps coctail, toast, tea



SATURDAY:

Breakfast: bread with butter and jam, tea

Snack: orange

Lunch: ramen (japanese traditional soup)

Snack: roll, tea

Dinner: sausage, bread



SUNDAY:

Breakfast: egg, roll, tea

Snack: kiwi, tangerine

Lunch: chicken with rice, cucumber salad

Snack: toast with cheese, tomato, tea

Dinner: omelette, strawberry jam, water

