

# MY MENU

From Monday to Sunday  
By Marek Pšenica

# MONDAY

- ◎ Breakfast:yoghurt and water.
- ◎ Snack:roll with salami and water.
- ◎ Lunch:Chinese noodles with chicken with water.
- ◎ Snack:musli with yogurt
- ◎ Dinner:sausages with bread



# TUESDAY

- ◉ Breakfast:yoghurt and water
- ◉ Snack:roll with cheese and mineral water
- ◉ Lunch:Baked pasta
- ◉ Snack:fruit and water
- ◉ Dinner:toast with salami and tea



# WEDNESDAY

- ◎ Breakfast:yoghurt and tea
- ◎ Snack:roll with salami and fruit,mineral water
- ◎ Lunch:chicken and potatoes with water
- ◎ Snack:chocolate bar
- ◎ Dinner:toust with salami and water



# THURSDAY

- ◎ Breakfast: cake and water
- ◎ Snack: roll with salami and water
- ◎ Lunch: roast meat with potatoes, water
- ◎ Snack: cake
- ◎ Dinner: roll with cheese and tea



# FRIDAY

- ◎ Breakfast: cake
- ◎ Snack: roll with cheese and water
- ◎ Lunch: spaghetti, water
- ◎ Snack: croissant, mineral water
- ◎ Dinner: salad, water



# SATURDAY

- ◉ Breakfast: banana, tea
- ◉ Snack: cake, water
- ◉ Lunch: schnitzel with potatoes and water
- ◉ Snack: fruit
- ◉ Dinner: meat and potatoes, water





# SUNDAY

- ◎ Breakfast:roll,tea
- ◎ Snack:croissant,mineral water
- ◎ Lunch:pizza,water
- ◎ Snack:cheesy roll
- ◎ Dinner:baked roll ,tea

