

BREAKFAST

24-25 Semester 1



Age 3 - 6

Day	First week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. gyro bread+boiled egg+ fresh tomato	55 gr of gyro bread, 2 boile medium-sied eggs, 150 gr of tomatoes, 1 teaspoon of olive oil	328	15,5	26,5	13	4,8	egss, gluten
Tuesday	2. semolina with 100% cocoa and coconut milk + banana	coconut milk, 1 teaspoon of 100% cocoa, 7-8 gr of sweatener, 1 small banana	325	5,5	48	11,9	5,6	gluten
Wednesday	3. omelette + wholeweat bread +seasonal cucumber	2 medium-sized eggs, 1.5 slice of wholeweat bread, 120gr of seasonal cucumber	334	18,6	20	13	5,4	egss, gluten
Thursday	4. spinach muffins with cottage chese +olives	3 muffins + 6 olives + 100ml of yogurt	319	11,34	16,6	12	3,5	lactose
Friday	5. polenta with cheese + yogurt	60 gr of water boiled polenta and 1 teaspoon of olive oil, 30 gr of cheese and a 200 ml glass of yogurt	313	13,6	21,2	12	3,5	lactose

Day	Second week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. baked pasta with eggs and cheese + broccoli	60 gr of pasta, 35 gr of cheese, 2 eggs, 30 gr of broccoli	310	19	19	13	3,5	egss, lactose, gluten
Tuesday	2. hummos sandwich with yellow cheese and cucumber	2 slices of sandwich bread, 10 gr of hummus (1 tablespoon), 30 gr of yellow cheese, 50 gr of cucumber	307	16,2	26,9	11,9	7,5	lactose and gluten
Wednesday	3.eggs sunny side up, toast bread, olives	2 eggs, 2 toast breads, 4 medim-sized olives	347	17,4	26,2	12,9	4	egss, gluten
Thursday	4. waffles with homemade chocolate cream	1 waffle + 40 grm of cream + glass of milk	323	12,6	38,1	13,5	4	gluten, lactose
Friday	5. wholeweat bagel + tzatziki spread	middle sized bagel (70 gr), glass of tzatziki spread (200 gr)	339	13,3	45	11	3,2	hgluten, lactose

Day	Third week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. poppy seeds cake + organge juice	1 piece + 50 ml of freshly squized orange juice	317	9	35	15	6	egss, gluten, lactose
Tuesday	2. wholeweat creckers + sour cream + seasonal cucumber	up to 60 gr of creckers, 150 ml of yogurt, 5 olives, 150 gr of cucumber	313	9,5	30,6	12,8	6,9	lactose, gluten
Wednesday	3. oats scones with cheese + fresh tomato	2 oats scones + 180 grams of sliced tomatos	309	13,2	19,2	13,5	4	lactose
Thursday	4. omelette + wholewheat bread + fresh pepper sticks	of wholwheat bread, 120 gr of pepper sticks	334	18,6	20	13	5,4	eggs, gluten
Friday	5. polenta pie with carrots and flax seeds + yogurt	1 piece of polenta pie and 250 ml of yogurt	323	13,8	32	13,7	4,1	lactose

Day	Fourth week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. chocolate muffin + tea (squized juice)	1 chocolate muffin + glass of orange juice	304	7,2	48	10	3,5	egss, gluten, lactose
Tuesday	2. wholeweat bread + pepper relish + cheese + olives	2 wholewheat bread slices, 50 gr of pepper relish, 30 gr of cheese, 5 olives	329	12,9	30,3	13,9	6,9	gluten, lactose
Wednesday	3. chia tortilla with egg spread + tomatoes	50 gr tortilla, 1/4 egg spread + chopped tomato	306	14	30	13	4,6	eggs, lactose, gluten
Thursday	4. wholewheat bagel + tzatziki spread	medium-sized bagel (70 gr), a glass of tzatziki sauce (200 gr)	339	13,3	45	11	3,2	gluten, lactose
Friday	5. gibanica pie with yogurt	1 piece of gibanica pie + 170 ml of yogurt	301	9,7	22,2	14	3,5	eggs, lactose, gluten

Age 7 - 9

Day	First week	Amount per meal	Calories	Pproteins/gr	Carbohydrate	fats/gr	Dietary fibers	Allergens
Monday	1. gyro bread+boiled egg+ fresh tomato	100gr of gyro bread, 2 boiled medium-sized eggs, 150 gr of fresh tomatoes, 1 teaspoon of olive oil	426	18,1	44	17,2	7,3	egss, gluten
Tuesday	2. semolina with 100% cocoa and cononut milk + banana	45 gr of raw semolina, 70 ml of coconut milk, 1 teaspoon of 100% cocoa, 5 gr of swatener, 1 small banana	403	8	60	14	6,4	gluten
Wednesday	3. omelette + wholewheat bread +seasonal cucumuber	2 medium-sized eggs omelette, 2 slices of wholewheat bread, 120 gr of seasonal cucumber +1 teaspoon of olive oil	425	20,7	26,9	17	7,3	egss, gluten
Thursday	4. spinach muffins with cottage chese + olives + yogurt	4 muffins + 6 olives + 170 ml of yogurt	416	19,2	27	17	5,8	lactose
Friday	5. polenta with cheese + yogurt	70 gr of water boiled polenta and 1 teaspoon of olive oil, 50 gr of cheese and a 200 ml glass of yogurt	417	16,6	23,4	15	4,4	lactose

Day	Second week	Amount per meal	Calories	Pproteins/gr	Carbohydrate	fats/gr	Dietary fibers	Allergens
Monday	1. baked pasta with eggs and cheese + broccoli	90 gr of pasta, 50 gr of cheese, 2 eggs, 50 gr of broccoli	402	23	28	18	4,6	egss, lactose, gluten
Tuesday	2. hummus sandwich + yellow cheese + cucumber	2 slices of sandwich bread, 20 gr of hummus (2 tablespoons), 40 gr of yellow cheese, 50 gr of cucumber + teaspoon of olive oil	410	19,4	28	16	8,1	lactose, gluten
Wednesday	3. eggs sunny side up + toast bread + olives	2 eggs, 3 toast bread slices, 6 medium-sized olives	431	20,6	38,8	18	4,8	egss, gluten
Thursday	4. waffles with homamade chocolate cream	2 waffles + 60 gr of cream + 150 ml of milk	403	11,2	46	17	8	gluten, lactose
Friday	5. wholewheat bagel + tzatziki spread	1 bagel (100 gr), a glass of tzatziki spread (200 gr)	418	16	60	14	4,7	gluten, lactose

Day	Third week	amount per meal	calories	proteins/gr	carbohydrate	fats/gr	dietary fibers	allergens
Monday	1. poppy seeds cake	1 piece of cake + 250 ml of freshly squized orange juice	403	9	54	15	6	egss, lactose, gluten
Tuesday	2. wholewheat ckreckers + sour cream + seasonal cucumber	up to 90 gr of creckers, 150 ml of yogurt, 7 olives, 150 gr of cucumber	415	11	41	16,9	9,8	lactose, gluten
Wednesday	3. oats scones with cheese and fresh tomato	3 scones + 180 gr of sliced tomatoes with 1 teaspoon of olive oil	434	19,3	27,3	17	4,5	lactose
Thursday	4. omelette + wholewheat bread + fresh pepper sticks	2 medium-sized eggs omelette, 2 slices of wholewheat bread, 120 gr of pepper sticks + 1 teaspoon of olive oil	425	20,7	26,9	17	7,3	eggs, gluten
Friday	5. polenta pie with carrots and flex seed + yogurt	1, 5 piece of pie + 250 ml of yogurt	423	17,2	43,6	17,5	4,4	eggs, lactose

Day	Fourth week	Amount per meal	Calories	Pproteins/gr	Carbohydrate	fats/gr	Dietary fibers	Allergens
Monday	1. chocolate muffin + tea (freshly squized juice)	2 chocolate muffins + 100 ml of orange juice	427	11,4	37,6	17,3	7	egss, lactose, gluten
Tuesday	2. wholewheat bread + pepper relish + cheese	2 slices of wholwheat bread, 50 gr of pepper relish, 40 gr of cheese	407	16,5	34	17,1	7	lactose, gluten
Wednesday	3. chia tortillas with egg spread +tomatoes	55 gr of tortillas, 4 teaspoons of egg spread + choped tomatoes	425	22	31	18	4,7	eggs, lactose, gluten
Thursday	4. wholewheat bagel + tzatziki spread	1 bagel (100 gr), glass od tzatziki spread (200 gr)	418	16	60	14	4,7	eggs, gluten
Friday	5. gibanica pie with yogurt	1.5 piece of gibanica pie, 170 ml of yogurt	401	11,1	29	17,4	5,1	eggs, lactose, gluten

Age 10 - 14

Day	First week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. gyro bread+boiled egg+ fresh tomato	150gr of gyro bread, 2 boiled medium-sized eggs, 150 gr of fresh tomatoes, 1 teaspoon of olive oil	535	20,9	63,7	18,9	10,1	eggs, gluten
Tuesday	2. semolina with 100% cocoa and coconut milk + banana	coconut milk, 1 teaspoon of 100% cocoa, 8 gr of sweetener, 1 medium-sized banana	503	10,2	77,2	15,9	7,8	gluten
Wednesday	3. omelette + wholewheat bread +seasonal cucumuber	slices of wholewheat bread, 120 gr of seasonal cucumber +1 teaspoon of olive oil	527	27	27,5	18,8	7,3	eggs, gluten
Thursday	4. spinach muffins with cottage chese + olives + 100 ml of yogurt	5 muffins + 10 olives + 170 of yogurt	505	22,5	32	18,8	5,8	lactose
Friday	5. polenta with cheese + yogurt	120 gr of water boiled polenta and 1 teaspoon of olive oil, 70 gr of cheese and a 200 ml glass of yogurt	503	20,1	33,3	18	5,7	lactose

Day	Second week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. baked pasta with eggs and cheese + broccoli	120 gr of pasta, 70 gr of cheese, 3 small eggs, 50 gr of broccoli	559	32,7	37,3	17,9	6,3	eggs, lactose, gluten
Tuesday	2. hummus sandwich + yellow cheese + cucumber	tablespoons), 50 gr of yellow cheese, 70 gr of cucumber + teaspoon of olive oil	514	24,7	35,6	16,5	10,4	lactose, gluten
Wednesday	3. eggs sunny side up + toast bread + olives	3 eggs, 3 toast bread slices, 6 medium-sized olives	521	26,1	39,3	16,7	5,8	eggs, gluten
Thursday	4. waffles with homemade chocolate cream	2.5 waffles + 100 gr of cream + 250 ml of milk	503	24	49	16,9	5,7	gluten, lactose
Friday	5. wholewheat bagel + tzatziki spread	1 bagel (135 gr), a glass of tzatziki spread (200 gr)	510	21,7	77	11,8	6,3	gluten, lactose

Day	Tthird week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. poppy seeds cake	1.5 piece of cake + 250 ml of freshly squized orange juice	547	12	68	18	9	eggs, lactose, gluten
Tuesday	2. wholewheat ckackers + sour cream + seasonal cucumber	up to 110 gr of creckers, 200 ml of yogurt, 8 olives, 150 gr of cucumber	519	14	51	14	6,1	lactose, gluten
Wednesday	3. oats scones with cheese and fresh tomatoes	4 scones + 180 gr of sliced tomatoes with 1 teaspoon of olive oil	559	26	37,4	18	6,3	lactose
Thursday	4. omelette + wholewheat bread + fresh pepper sticks	3 medium-sized eggs omelette, 2 slices of wholewheat bread, 120 gr of pepper sticks + 1 teaspoon of olive oil	527	27	27,5	18,9	7,3	eggs, gluten
Friday	5. polenta pie with carrots and flex seed + yogurt	2 pieces of pie + 250 ml of yogurt	524	14,9	48	16,8	8,2	eggs, lactose

Day	Fourth week	Amount per meal	Calories	Pproteins/gr	Carbohydrates/gr	fats/gr	Dietary fibers	Alergens
Monday	1. chocolate muffin + tea (freshly squized juice)	2 chocolate muffins + 250 ml of orange juice	495	12,4	62,6	18,7	7	eggs, lactose, gluten
Tuesday	2. wholewheat bread + pepper relish + cheese	100 gr of wholwheat bread, 50 gr of pepper relish, 55 gr of cheese, 10 olives	521	21,2	50	17,5	5,5	lactose, gluten
Wednesday	3. chia tortillas with egg spread + tomatoes	90 gr of tortillas, 4 teaspoons of egg spread + choped tomatoes	523	26	46	18	6	eggs, lactose, gluten
Thursday	4. wholewheat bagel + tzatziki spread	1 bagel (135 gr), glass od tzatziki spread (200 gr)	510	21,7	77	11,8	6,3	gluten, lactose
Friday	5. polenta pie with carrots and flex seed + yogurt	2 pieces of gibanica pie + 170 of yogurt	500	12	37	20	5,5	eggs, lactose, gluten