**Daily** menu

1st Day

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Lunch – bread with slices of egg and tea with lemon.

Ingredients:

1.Two slices of bread

2.Two boiled eggs

3.Black tea with a slice of lemon

**2nd Day**



Breakfast – sandwiches made of wholemeal bread with cottage cheese and lemon tea.

Ingredients:

1.Two slices of wholemeal bread

2.Cottage cheese

3.Black tea and a slice of lemon

**3rd Day**

Breakfast - Bread with cottage cheese and black tea.

Ingredients:

1.Two slices of bread 2.Cottage cheese 3.Black tea

**4th Day**



Dinner – Cod served with vegetables like carrots and broccolies and vegetable salad containing peppers and cucambers.

Ingredients:

1.Cod fillet

2.Vegetables to cook (slices of carrots, broccolies)

3.Vegetable salad

**5th Day**

Sandwich with salad, cheese and pepper.

 by Maja

Ingredients:

1.Slice of bread

2.Slice of cheese

3.Pepper