



MORNING SNACKS

MONDAY

**SUGARFREE CORNFLAKES
WITH MILK
SEASONAL FRUIT**

KCAL (g) - 141,60
PROT (g) - 6,58
LÍP (g) - 4,16
AGS (g) - 2,13
HdC (g) - 19,49

TUESDAY

**RICECAKES
COLD CUTS
SEASONAL FRUIT**

KCAL (g) - 162,71
PROT (g) - 6,05
LÍP (g) - 6,63
AGS (g) - 0,97
HdC (g) - 23,19

WEDNESDAY

**SUGARFREE CORNFLAKES WITH
MILK
SEASONAL FRUIT**

KCAL (g) - 162,71
PROT (g) - 6,05
LÍP (g) - 6,63
AGS (g) - 0,97
HdC (g) - 23,19

THURSDAY

**COLD CUT WRAPS
SEASONAL FRUIT**

KCAL (g) - 130,08
PROT (g) - 6,94
LÍP (g) - 9,23
AGS (g) - 5,74
HdC (g) - 5,68

FRIDAY

**HOMEMADE SPONGE CAKE
SEASONAL FRUIT**

KCAL (g) - 130,08
PROT (g) - 6,94
LÍP (g) - 9,23
AGS (g) - 5,74
HdC (g) - 5,68

MONDAY

**COLD CUT WRAPS
SEASONAL FRUIT**

KCAL (g) - 130,08
PROT (g) - 6,04
LÍP (g) - 9,23
AGS (g) - 5,74
HdC (g) - 5,68

TUESDAY

**NATURAL YOGHURT
SEASONAL FRUIT**

KCAL (g) - 159,53
PROT (g) - 2,08
LÍP (g) - 0,19
AGS (g) - 0,05
HdC (g) - 37,39

WEDNESDAY

**BREAD WITH TOMATO AND/OR
OLIVE OIL
SEASONAL FRUIT**

KCAL (g) - 185,43
PROT (g) - 5,58
LÍP (g) - 3,87
AGS (g) - 2,06
HdC (g) - 32,08

THURSDAY

**NATURAL YOGHURT
SEASONAL FRUIT**

KCAL (g) - 159,53
PROT (g) - 2,08
LÍP (g) - 0,19
AGS (g) - 0,05
HdC (g) - 37,39

FRIDAY

**CHEESE & PICOS
SEASONAL FRUIT**

KCAL (g) - 159,53
PROT (g) - 2,08
LÍP (g) - 0,19
AGS (g) - 0,05
HdC (g) - 37,39

AFTERNOON SNACKS