BREAKFAST									
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins					
	Bre	ad with jam and	tea						
21	7	1	1	2					
	Fruit	yogurt with frui	t juice						
9	36	4	5	4					
	Swe	et cereals with	milk						
13	13	5	6	5					
	Co	ocoa snail with m	nilk						
15	11	7	12	7					
В	read with marga	rine and salami	and a glass of mill	ĸ					
21	2	14	13	11					
	Fruit sala	ad with oatmeal	and nuts						
12	0	7	2	4					

BREAKFAST Carbohydrates Extra sugar Unsaturated Saturated fat Proteins fat 🔶 Oatmeal Scrambled eggs with bacon and bread Bread and lard with purple onion Pancakes and fruits

Sausage, white bread with butter and tomato

MORNING SNACK											
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins							
	Bun with ham and cheese and an apple										
20	0	4	4	5							
	Croissar	nt with chocolat	e spread								
11	16	3	12	3							
		Chocolate donu	t								
7	12	6	8	1							
	Pasta sala	d with veggis an	d an apple								
28	0	4	0	4							
N	latured sausage,	white bread an	d cherry tomatoe	S							
20	2	8	8	7							
	Y	ogurt with bana	na								
20	0	0	3	6							
	Oat coo	okies and a piece	e of fruit								
18	8	4	0	4							
		Liver pate bread	ł								
18	2	5	6	6							

LUNCH										
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins						
Egg and cheese sandwich with salad and a banana										
29	29 0 13 7 8									
	Chicken sandwi	ich with fries an	d a piece of fruit							
36	2	8	3	7						
	Pasta salad	d with chicken a	nd an apple							
28	0	3	2	7						
	Cheese	burger with Frei	nch fries							
20	0	8	6	8						
		Pizza with salam	ıi							
13	2	6	10	4						
		Meat lasagna								
16	0	3	5	7						
	N	/lilanese macaro	ni							
21	0	1	1	5						
		Fish and chips								
18	2	6	3	6						
		Pasta salad								
16	0	1	0	3						

LUNCH								
Carbohydrates	Extra sugar	Unsaturated fat 🔶	Saturated fat	Proteins				
	Chicken	with French frie	s and salad					
7	0	12	7	7				
	F	ried meat sandv	vich					
17	0	7	4	13				
	Chic	ken soup with n	oodles					
7	0	2	1	5				
		Goulash soup						
4	0	4	3	17				
	Meatl	oaf with rice Ra	tatouille					
12	1	11	7	9				
	Crep	es with cottage	cheese					
14	6	6	5	11				
	C	ottage cheese p	asta					
15	0	1	2	11				
	Chicker	n with potatoes	and salad					
9	0	6	3	10				

LUNCH									
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins					
Fish sticks with rice									
15	0	4	3	5					
		Rice pudding							
12	11	0	2	2					
	Sr	oaghetti bologne	ese						
22	5	4	2	7					
	Fried pork c	hop with potato	bes and salad						
15	0	5	5	14					
	Pasta	with meat and	beans						
15	0	4	1	5					
	Fish w	ith rice and veg	etables						
18	0	0	1	8					
	Ca	uliflower casser	ole						
18	0	7	6	5					
		Potato casserol	e						
30	3	5	3	8					

AFTERNOON SNACK									
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins					
	Bre	ad with margari	ne						
16	0	2	2	2					
	L	iver pate bread							
18	2	5	6	6					
	Fruit sala	d with cereals a	ind nuts						
12	0	7	2	4					
		Fruits							
12	0	0	0	1					
	C	Chocolate donut							
7	12	6	8	2					
	Ch	ocolate croissar	nt						
9	11	3	7	0					

AFTERNOON SNACK

Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins						
	lce-cream									
8	19	1	5	1						
	A glass of c	orange juice witl	h crackers							
18	0	1	0	2						
	Bread	d with cream ch	eese							
17	2	5	5	3						
		Pastry								
6	15	4 3		2						
	Арр	le and plain yog	urt							
19	0	0	3	5						
	Cho	ocolate and brea	ad							
17	12	1	6	3						

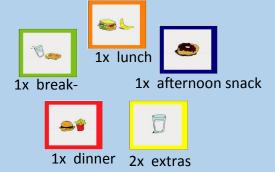
DINNER						D	INNER	R	
Carbohydrates	Extra sugar	Unsaturated fat 🔶	Saturated fat	Proteins	Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins
	Chicken w	ith French fries a	and salad			Fis	sh sticks with ric	e	
7	0	12	7	7	15	0	4	3	5
	Frie	ed meat sandwig	ch				Rice pudding		
17	0	7	4	13	12	11	0	2	2
	Chicke	en soup with noc	odles			Spa	aghetti bolognes	se	
7	0	2	1	5	22	5	4	2	7
		Goulash soup			Fried pork chop with potatoes and salad				
4	0	4	3	17	15	0	5	5	14
	Meatloa	af with rice Rata	touille		Pasta with meat and beans				
12	1	11	7	9	15	0	4	1	5
	Crepes	s with cottage ch	neese			Fish wi	th rice and vege	tables	
14	6	6	5	11	18	0	0	1	8
	Cot	tage cheese pas	ta		Cauliflower casserole				
15	0	1	2	11	18	0	7	6	5
	Chicken v	with potatoes ar	nd salad		Potato casserole				•
9	0	6	3	10	30	3	5	3	8

DINNER										
Carbohydrates	Extra sugar	Unsaturated fat 🔶	Saturated fat	Proteins						
E	Egg and cheese sandwich with salad and a banana									
29	0	13	7	8						
	Chicken sandwic	h with fries and	a piece of fruit							
36	2	8	3	7						
Pasta salad with chicken and an apple										
28	0	3	2	7						
Cheeseburger with French fries										
20	0	8	6	8						
	P	izza with salami								
13	2	6	10	7						
		Meat lasagna								
16	0	3	5	7						
	Mi	lanese macaron	i							
21	0	1	1	5						
	, 	Fish and chips	, 							
18	2	6	3	6						
		Pasta salad								
16	0	1	0	3						

EXTRAS						E	<mark>X T R A S</mark>		
Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins	Carbohydrates	Extra sugar	Unsaturated fat	Saturated fat	Proteins
		Crackers					One soda		
10	0	1	0	1	2	36	0	0	0
		An apple				A g	lass of 1.5% mil	k	
12	0	0	0	0	6	0	0	2	4
		A banana			Chocolate milk				
14	0	0	0	0	0	23	1	2	3
		Two carrots			One glass of orange juice				
5	0	0	0	1	8	0	0	0	0
	Three	e chocolate cook	ties		Chocolate bar				
5	10	4	3	0	1	20	0	4	1
		Candy					Nuts		
7	27	0	0	0	16	0	8	0	2
	ŀ	A glass of water				Sm	all Chips packag	e	
0	0	0	0	0	15	0	9	2	2
		lce-cream				Oat cook	ties and a piece	of fruit	
8	19	1	5	1	18	8	4	0	4

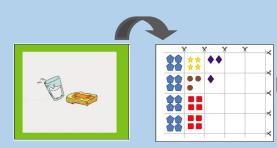


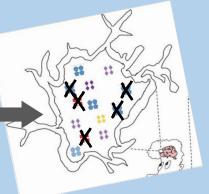
1. CHOOSE FROM THE BUFFET:





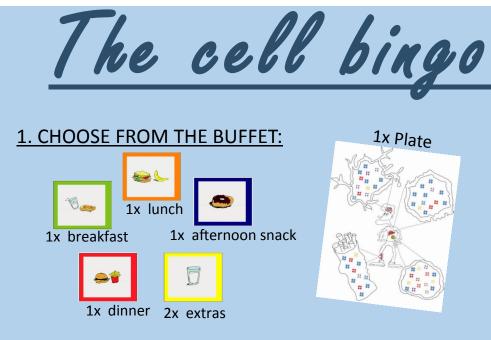
2. FILL IN THE BINGO PLATES:



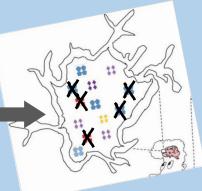


3. RFLECTION ON FOOD CHOICES:





2. FILL IN THE BINGO PLATES:



3. REFLECTION ON FOOD CHOICES:

	FROK	OST			AFTENSMAD	10 Eak Proteiner		
Kullydrater Batros	kker Fedt fra dyr	Fedt fra grønt & fisk	Proteiner	Kulhydrater Ekstrasul	der Fedt fra dyr Fedt fra gro			
HODGENMAD	og ostesandwich i	med salat og en banar			ing med ovnstegte sode kartol	tter og satav		
MORGENMAD	8	4	11	Stegt Kyli	3		KSTRA	
Kulhydrater Bustrasukker Fedt fra dyr Fedt fra gront Bitak	igesandwich mei	d kartofler og frugt		DDAGGE	asta med oksekød og bønn	er	fra dyr Fedt fra grønt & fisk	Desta
the amor og et glas mælk	4	1	12	DDAGSSNACK Rfradyr Forthfragenetic	2	0		Proteiner
Brod med jordnoddesition - 3 8	salat med kyllin	g og 2 kiwifrugter		t fra dyr Fedt fra gront & fisk Proteiner	theeseburger med pomfrit	ter 10	ire kiks	-
	13	0	10		7	10 10		
16 3 Yoghurt med frugt og et glas appelsinjuice 2 5	eeseburger m	ed pomfritter		med margarine	Fisk, ris og grøntsager		0	1
Yoghurtmedia 2	7	10	10	4		0 14	arble	
25 4 4 Hakapmanik		10		* 1 1	-		0	
25 4 Chokopops med kakaomælk 2 5	Pepperon		_	d havregryn og nødder	Pepperonipizza	. 5	Inan	0
	4	5	5	1	6 4	9	man	
25 32 1 Chokoladecroissant med et glas appelsinjuice 7 3	Lasagne m	ed kød		0 2	Lasagne med kod		0	0
Chekoladecroissant neu et gr 3		7	10	toladedonut	5	7 10	odder	
12 28 4 seles skummetmælk		,		3 2	9 Fish'n'chips		0	
12 28 4 Brod med margarine og et glas skummelmælk 3	dovnstegte	søde kartofler og sa	iat	ls Z	Fishin crape	7	lekike	1
	3	2	10		1 6	4 2		
18 0 and a second podder			Elster	5 1			5 Slik	0
18 0 Frugtsalat med havregryn og nodder 2		20 0	er gras appe	lsinjuice og 4 kiks	7	22	DUK	
		20 0	2	0		2/ 0	0	0
19 0								