

Analyze the school menu based on what you have learnt about nutrients



Monte Grappa Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st week	Pasta with vegetables Omelette Green salad Bread - Fruit	Tortellini with herbs Potato croquettes* Fennels Bread- Fruit	Rice with leeks Escalope Carrots Bread- Fruit	Broth pasta Baked chicken French beans Bread- Fruit	Basil sauce pasta Code with citrus Gratin Courgettes Bread- Fruit
2nd week	Potato dumplings Cheese Oil dip vegetables Bread- Fruit	Rice with pumpkin Cheese and spinach pie Green and red salad Bread - Fruit	Vegetable Barley soup Roasted pork Baked spinach Bread - Fruit	Potatoes and french beans Mix salad with olives Legumes and pasta soup Bread - Fruit	Pasta with courgettes Baked flounder Carrots Whole bread- Fruit
3rd week	Pizza Green salad with walnuts Bread - Fruit	Broth Pasta Parmesan Omelet Carrots Bread- Fruit	Basil sauce pasta Code croquettes* Fennels Bread - Fruit	French beans Lasagna Bread - Fruit	Vegetable Rice soup Chicken Escalope Courgettes Bread - Fruit
4th week	Rice with carrots and courgettes Dried beef Carrots Bread - Fruit	Salad with olives Baked potatoes Legumes soup Bread- Fruit	Milanese rice Breaded Flounder Fennels Bread- Fruit	Pasta al pomodoro roasted turkey Baked Courgettes Bread- Fruit	Lasagna Boiled vegetables Bread- Fruit

In group: answer the questions, discuss and relate to the class

Are these balanced meals? Why?

Choose a meal for each day and explain which nutrients you get eating it