

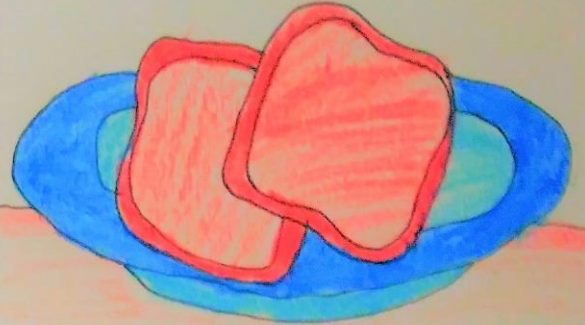
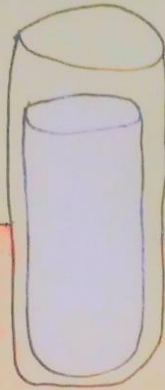
MY FOOD

DIARY



MONDAY

On Monday, I had toast and milk for breakfast.

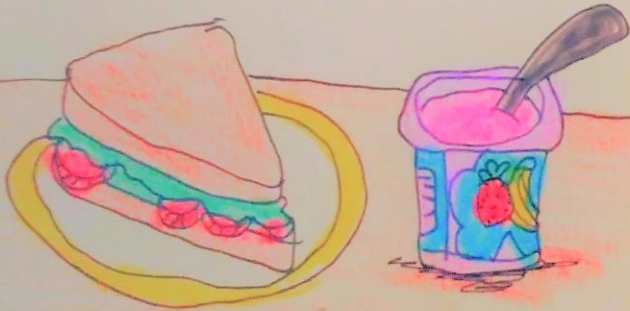


At break, I had a orange.



For lunch, I had salad with fish.

In the afternoon, for a snack I had a sandwich, and a yoghurt.

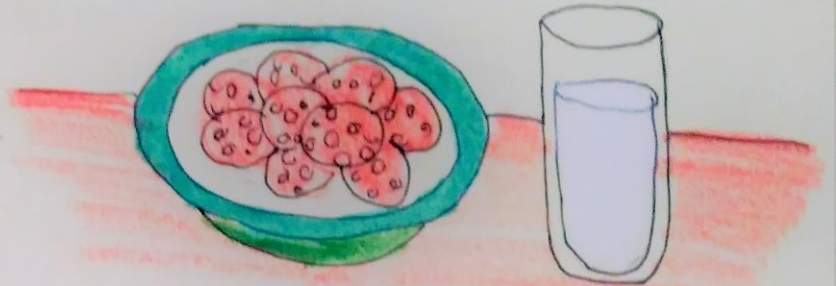


For dinner, I had a soup with noodles and vegetables.



TUESDAY

On Tuesday I had biscuits with milk for breakfast.



At break, I had apple.

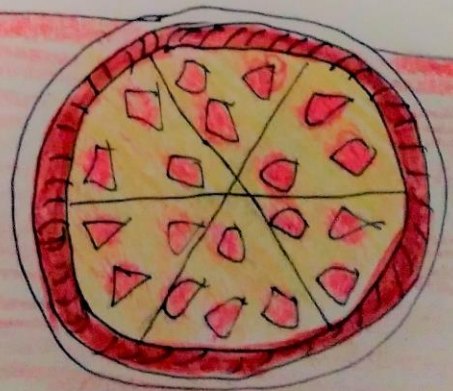
For lunch, I had rice with sausages.



In the afternoon for a snack I had cereals and orange.

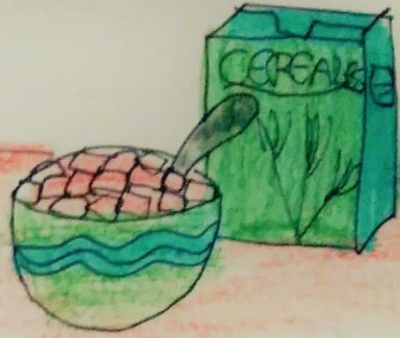


For dinner, I had pizza with bacon and cheese.



WEDNESDAY

On Wednesday I had cereals for breakfast.



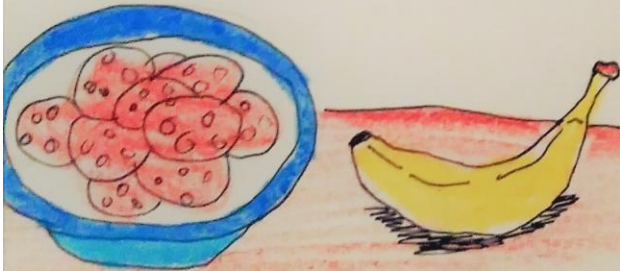
At break, I had a strawberries yoghurt.



For lunch, I had chicken, potatoes and carrot.



In the afternoon, for a snack I had some biscuits and banana.



For dinner, I had cream of mushroom soup.

