

Snackplan

Züüni & Zvieri

Week 1

Znüni

Zvieri

Monday

Porridge with milk / crispbread with spread

Fruit salad with seeds, raisins and cinnamon

Tuesday

Pancakes with applesauce

Muesli with fruits

Wednesday

Cornflakes, toast with cold cuts & cheese

Fruit smoothie with croissants / pretzels

Thursday

Fruit plate with buttered bread

Rice pudding with raisins and apples

Friday

Cold cuts roll with cream cheese

Omelet muffins with tomatoes and vegetable sticks

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Snackplan

Züüni & Zvieri

Week 2

Znüni

Zvieri

Monday

Bircher muesli with fruits

Millet porridge with milk, rice cakes and cream cheese

Tuesday

Toast with cheese & vegetable plate

Millet pancakes with raisins and bananas

Wednesday

Overnight Oats with fruits and seeds

Carrot and apple casserole

Thursday

Cornflakes, crispbread with spread

French toast with cinnamon and pears/apples

Friday

Pancakes with apple sauce

Boiled eggs with cucumbers and tomatoes

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