



<b>Meals</b>	<b>Foods</b>	<b>Sustainable healthy food choices</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>→ <i>A glass of chocolate milk</i></li> <li>→ <i>A puff pastry minced meat pie</i></li> </ul>	
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>→ <i>A chocolate croissant</i></li> </ul>	
<b>Lunch</b>	<ul style="list-style-type: none"> <li>→ <i>Pasta with bacon, sour cream and egg</i></li> <li>→ <i>Salad with chicken, vegetables, parmesan, egg and mayonnaise</i></li> </ul>	
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>→ <i>a toast with turkey and cheese</i></li> </ul>	
<b>Dinner</b>	<ul style="list-style-type: none"> <li>→ <i>two pork souvlaki (skewers) with pita and French fries</i></li> </ul>	