

# Calculate the daily calorie intake. (Children aged 11-14 should take 1400-1600 calories per day.)

EATHEALTHY FEEL HAPPY   APR 10, 2023 12:14PM UTC

## Monday

Total=459cal

### HASAN/Atıfbederlioğlu Ortaokulu/Secondary School

#### Ramadan Month Sahur;

- 1 boiled egg (74 kcal)
- 1 glass of milk (122 kcal)
- 1 scile of bread 64 kcal)
- Olive (14 kcal)
- Yogurt (23 kcal)
- Tomatoes (14 kcal)
- Cucumber (15 kcal)
- Chesee (95 kcal)

#### Ramadan Iftar Dinner;

- Lentil soup (59 kcal)
- Meatball (189 kcal)
- Pilaff (158 kcal)
- 1 glass of ayran (112 kcal)

### FİRDES/ OBAKÖY SECONDARY SCHOOL

#### Ramadan sahur

- toast 313 cal.
- cheese 100 cal.
- tea 0 cal.

#### Ramadan iftar

- Soup 80 cal.
- chicken saute 245 cal
- rice 360 cal.

total: 1098 cal.

### Busenur/Obaköy Secondary School

#### Ramadan Sahur

- Toast(313cal)
- Tea(1cal)
- Olive(10cal)

#### Ramadan Iftar

- Lentil soup(62cal)
- Bean(73cal)

### Kerem/ Atıf Benderlioğlu Secondary School

#### Ramadan Month Sahur

- chesee(93 kcal)
- 1 boiled egg(77 kcal)
- tomatoes(14 kcal)
- cucumber(18 kcal)

#### Ramdan İftar Dinner

- Potato pastry(271 kcal)
- Meatball(240 kcal)
- Yogurt(27 kcal)

### Oliwia from Primary School Number 48 in Katowice

Breakfast Scrambled eggs with tomato (400 kcal) Chicken eggs, raw - 3 pieces Tomato - 0.5 pieces (80g) Rapeseed oil - 0.5 tsp Salt - a pinch Pepper - a pinch

#### Lunch

Mexican pasta with turkey (550 kcal)

Wholegrain penne pasta, dry - 65g  
Turkey, minced breast meat without skin - 100g  
Canned red beans, without brine - 4 tablespoons (68g)  
Canned corn, no brine - 3 tbsp  
Tomato puree (passata) - 0.5 cup (131g)  
Parsley, parsley - 1 tbsp  
Rapeseed oil - 1 tablespoon (7ml)  
Garlic - 1 clove  
Herbes de Provence - a pinch  
Salt - a pinch  
Pepper - a pinch

#### Dinner

Sandwiches with ham, mozzarella cheese and lettuce (380 kcal)

Wholemeal rye bread - 2 slices

Turkey ham – 2 slices (46g)
Mozzarella – 2 slices (32g)
Butter lettuce – 2 leaves
Margarine – 1 teaspoon (8g)

## Adam from Primary School Number 48 in Katowice

Breakfast – Rye toast with avocado and mozzarella (497 kcal)

Ingredients:

- 3 slices of wholemeal rye bread,
- half an avocado
- half a mozzarella ball
- half an onion

Lunch – Couscous with vegetables and chicken (699 kcal)
Ingredients:
80 g of couscous,
150 g of chicken breast,
20 g of olive oil
about 150 g of any frozen vegetables.

Dinner – mackerel in tomatoes with pickled cucumber salad (497 kcal)
Ingredients:
170 g can of mackerel in tomatoes,
3 slices of rye bread,
2 pickled cucumbers,
half an onion,
spoon of rapeseed oil.

## Julia - Primary School Number 2 in Rzeszów

Breakfast:

1 slice of grain bread (70cal)

1 slice of white cheese (74cal)

1 boiled egg (80cal)

Lunch:

Rice with strawberry (125cal)

Snack:

Banana (105cal)

Apple (70cal)

Dinner:

Salmon with vegetables (315cal)

Total:

839 calories

## Maialen /(Alberto Marcos) IESO Tomás Bretón 1

Breakfast

-milk -> 122

-2 biscuits -> 48

Lunch

-tortilla -> 93

-macaroni with tomato sauce -> 250

-cesar salad -> 184

-white bread -> 66

Dinner

-chips with red salsa -> 194

-cheese sandwich -> 261

-white bread -> 66

- 2 biscuits -> 48

TOTAL: 1332 Cal

## Eymen Efe/Andiçen Secondary School-1

Breakfast: Roasted toast 345 calories

Lunch: lahmacun 449 calories

Dinner: Bonito Fish 786 calories

Total: 1.580

## Lucía (Fu)/ (Teo Domínguez) IESO Tomás Bretón 2

Breakfast

No breakfast.

Lunch

Beef steak. (135 cal)

Beef tenderloin (Not the whole piece.) - (82 cal)

French fries. - (191 cal)

Cheesecake (Shared). - (410 cal)

Cuttlefish (Shared). - (79 cal)  
Octopus (Shared). - (82 cal)  
Bread. - (176 cal)  
Total: 1155.

Dinner

Brocoli. - (50 cal)  
White rice. - (135 cal)  
Ribs. - (112 cal)  
Tofu (together with the pork). - (12 cal)  
Pork loin (together with the tofu). - (61 cal)  
Total of: 370

Snacks

Croissant (Shared). - (114 cal)  
Peas (They were fried ones). - (290 cal)  
Chips (Small bag). - (231 cal)  
Total of: 635

Total: 2160 calories.

Bruno/ (Teo Domínguez) IESO Tomás Bretón 2

Breakfast

1 cup of milk (122 cal)  
7 biscuits (168 cal)

Lunch

Chicken (237 cal)  
Watermelon (60 cal)

Snack

3 Biscuits (207 cal)  
Yoghurt (143 cal)

Dinner

Beef (288 cal)  
Ice cream (267 cal)  
TOTAL: 1492 calories

Yiğitcan ÇELİK/Andiçen Secondary School

Breakfast: Roasted toast 345 calories  
Lunch: lahmacun 449 calories  
Dinner: zucchini meal 111 calories  
905 calories in total

Doğuhan/Atıf Benderlioğlu Secondary School

Ramadan Month Sahur

Chesee (93 kcal)  
Potato pastry (271 kcal)  
Yogurt ( 27 kcal)  
Cucumber ( 15 kcal)

Iftar dinner

Lentil Soup (69 kcal)

Chop (335 kcal)  
Stuffed Leaves (383 kcal)  
TOTAL:1193

KAĞAN /Atıf Benderlioğlu Secondary School

Ramadan Mont Sahur

1 boiled egg (77 kcal)  
1 glass of milk (122 kcal)  
cucumber (18 kcal)  
tomatoes (14 kcal)

Ramadan Iftar Dinner

lentil soup (55 kcal)  
1 glass of ayran (126 kcal)  
meatball (168 kcal)  
pilaff (167 kcal)

TOTAL:747kcal

Gonca ÖZDOĞAN/Atıf Benderlioğlu Secondary School

Ramadan Month Sahur

Tulum cheese (66 kcal)  
Olive (16 kcal)  
Cucumber (18 kcal)  
Sweet green pepper (12kcal)  
Boiled egg (77kcal)  
1 slice of bread (65kcal)

Ramadan Iftar Dinner

Yogurt soup (120 kcal)  
Leek meal (200 kcal)  
Ramadan pita (150 kcal)

TOTAL: 724kcal

Gökçe Duru-Andiçen Secondary School

Breakfast

1 boiled egg (78 cal)  
1 slice of cheddar cheese (72 cal)  
1 glass of orange juice(120 cal)  
1 slice of bread (67 cal)

Lunch
1 cheddar toast (270 cal) 1 glass of ayran (72 cal)
Snack
1 apple (72 cal) 10 piece nuts (88 cal) 10 almond (70 cal)
Dinner
1 bowl of tomato soup (102 cal) 2 meatballs (114 cal) 1 plate of pasta 100gr(124 cal) 1 bowl of tzatziki (272 cal)
TOTAL:1521 cal

## İpek Süngü-Andiçen Secondary School

### Breakfast

- 1 boiled egg (78cal)
- 1 glass of milk (122cal)
- 1 slice of white cheese (72cal)
- 1 cucumber (16cal)

### Snack

- Turkish coffee (2cal)
- 10 raw almonds (69cal)

### Lunch

- 1 bowl of lentil soup (186cal)
- 1 slice of whole wheat bread (66cal)

### Snack

- 1 glass of kefir (126cal)
- 1 apple (72cal)

### Dinner

- Tuna salad (383cal)
- 1 slice of whole wheat bread (66cal)

### Snack

- 1 cup of green tea (2cal)

TOTAL: 1260cal

# Tuesday

## HASAN/Atıf Benderlioğlu Ortaokulu/Secondary School

### Ramadan Month Sahur;

- Cheddar Toast (210 kcal)
- Ayran (34 kcal)
- Olive (16 kcal)
- Chesee (93 kcal)

### Ramadan Iftar Dinner

- Pasta (120 kcal)
- Ayran (34 kcal)
- Yogurt Soup (121 kcal)

## funda/obaköy secondary school

### Ramadan sahur

- bread 40 cal.
- olive 20 cal.
- cucumber 10 cal.
- tomato 19 cal.

### Ramadan iftar

- yogurt 58 cal.
- haricot bean 327 cal.
- rice 360 cal.

## Busenur/Obaköy Secondary School

### Ramadan Month Sahur

- chesee(93 kcal)
- 1 boiled egg(77 kcal)
- tomatoes(14 kcal)
- cucumber(18 kcal)

### Ramadan Iftar Dinner

- Potato pastry(271 kcal)
- Meatball(240 kcal)

Total= 713 cal

## Adam from Primary School Number 48 in Katowice

Breakfast - Millet with peaches and almonds (502 kcal)

Ingredients:

60 g of millet groats,  
300 ml of 2% milk,  
peach,  
20 g of almonds.  
A method of preparing:

Cook millet in milk.  
Add peaches and almonds to the porridge.

Lunch - thick lentil soup (705 kcal)

Ingredients:

130 g of red lentils,  
can of tomatoes,  
100 g zucchini,  
20 g of Parmesan cheese.  
A method of preparing:

Cook the lentils in the tomatoes, adding water if necessary.  
Season to taste.  
Add zucchini cut into very small pieces to the soup.  
Sprinkle the finished soup with Parmesan cheese.

Dinner - Halloumi Wrap (490 kcal)

Ingredients:

wholegrain tortilla,  
80 g halloumi cheese,  
a handful of arugula,  
100 g of any vegetables.  
A method of preparing:

Cut the cheese into slices. Fry it in a grill pan or on an electric grill.  
Heat the tortilla in a dry frying pan. Put vegetables, arugula and pieces of cheese on it.  
Wrap the tortilla. You can eat it with a small amount of homemade garlic sauce or ketchup.

## Oliwia from Primary School Number 48 in Katowice

Breakfast - oatmeal with fruit and dried fruit
Ingredients:
5 tablespoons of oat flakes, ½ cup drinking milk 1.5 percent fat, 5 strawberries, ½ banana, 1 tablespoon of almonds, 2 tablespoons of dried cranberries.
Lunch - treated with turkey and rice
Ingredients:
½ green pepper, ½ red pepper, ½ zucchini, 1 tomato, ½ onion, 1 tablespoon of olive oil, 120 g turkey breast, ¾ cup of cooked wild rice.
Dinner - zucchini omelette
Ingredients:
½ zucchini, 2 eggs,

3 tablespoons of rye bran,  
1 tablespoon of olive oil,  
1 teaspoon of chopped dill.

## Ania- Primary School Number 2 in Rzeszów

Breakfast:  
Yogurt (80cal)  
1 banana (105cal)  
Orange juice 400ml (196cal)

Lunch:  
Pork with vegetables (330cal)  
Water (0cal)

Snack:  
Apple (60cal)

Dinner:  
Roll with ham (250cal)  
Salad (40cal)  
Apple juice 300ml (120cal)

Total: 1181 cal

## Ola- Primary School Number 2 in Rzeszów

Breakfast:  
Cereals with milk (192cal)

Lunch:  
tomato soup(135cal)

Snack:  
banana (88cal)  
one donut(120cal)  
ice cream(64cal)

Dinner:  
3 pancakes (261cal)

Total:  
860 calories

## Gonzalo (Alberto Marcos) IESO Tomás Bretón 1

BREAKFAST  
2 TOASTED WHITE BREAD WITH OLIVE OIL: 238 CALS  
1 COLACAO: 158 CALS  
1 CLEMENTIN: 35 CALS  
BRUNCH

COOKIES: 195 CALS  
WATER: 0 CALS  
LUNCH  
PASTA WITH TUNA: 418 CALS  
STRAWERRIES: 49 CALS  
WATER: 0 CALS  
AFTERNOON SNACK  
SANDWICH WITH HAM: 201 CALS  
WATER: 0 CALS  
DINNER  
COD WITH CLAMS: 303 CALS  
SALAD WITH LETTUCE AND CARROT: 38 CALS  
WATER: 0 CALS  
TOTAL: 1.635 CALS

Ismail Cenkeri -Andiçen Secondary School-  
1

Breakfast:  
1 boiled egg (78 cal)  
5 olives (41 cal)  
1 glass of milk (42 cal)  
2 slices of bread (264 cal)

Lunch:  
1 portion of pasta (131 cal)  
1 portion of grilled meatballs (120 cal)  
1 bowl of yogurt (59 cal)  
1 portion of salad (45 cal)

Dinner:  
1 bowl of soup (86 cal)  
1 serving of dried beans (185 cal)  
1 portion of rice pilaf (360 cal)  
1 portion of salad (45 cal)  
1 portion of rice pudding (111 cal)

Vega/ (Teo Domínguez)/ IESO Tomás Bretón  
2

Breakfast:  
Cacao with milk (192 cal)  
Snack:  
Chocolate chip cookies (164 cal)  
Orange juice (112 cal)  
Toast (64 cal)  
Lunch:  
Pasta with tomato sauce (220 cal)  
Dinner  
Omelette (104 cal)  
Yoghurt (103 cal)

TOTAL: 959

Ariadna/ (Teo Domínguez)/ IESO Tomás  
Bretón 2

-Breakfast:  
Milk (50 cal).  
Butter Croissants (114 cal)  
-Snack:  
Chocolate biscuits (80 cal)  
Fuet (75 cal)  
Chocolate shake (101 cal)  
-Lunch:  
Pasta with cheese (154 cal)  
Orange juice (14 calories)  
-Snack:  
Crackers (55cal)  
-Dinner:  
Tuna sandwich (202 cal)  
-TOTAL CALORIES: 855

KAĞAN/Atıf Benderlioğlu Secondary School

Ramadan Month Sahur  
Cheddar toast (212 kcal)  
Ayran (37 kcal)

Iftar Dinner  
Noodle soup (181 kcal)  
Cauliflower (24 kcal)  
Pasta (131 kcal)

TOTAL:585 kcal

Ali Bera-Andiçen Secondary School

Breakfast:  
1 One boiled egg (78 cal)  
1 Cottage cheese (103 cal)  
10 Olivies (36 cal)  
Strawberry milk (68 cal)

Lunch  
Sandwich (128 cal)  
1 Glass of ayran (72 cal)

Snack  
1 Apple (72 cal)

Dinner  
Vegetable soup (43 cal)  
1 Plate of pasta (124 cal)  
5 Meatballs (57 cal)  
Mixed salad (17 cal)

Snack  
Nuts (172 cal)

TOTAL: 970 cal

Ayşe Zeynep/Andiçen Secondary School

Ramadan month sahur  
One boiled egg (78kcal)  
A Slice of cheese (103kcal)  
Olive(36kcal)  
Sugary tea(20kcal)  
Bread(124kcal)

Ramadan month iftar  
Red Lentil soup(55kcal)  
Kidney beans with Olive oil(65kcal)  
Seasonal salad(24kcal)  
Rice(167kcal)  
Rice pudding(151)  
TOTAL CALORIES:823KCAL

## Doğuhan/Atıf Benderlioğlu Secondary School

### Ramadan Month Sahur

Sausage (159 kcal)  
Cheese (93 kcal)  
Cucumber (15 kcal)

### Iftar Dinner

Green lentil soup (120 kcal)  
Meatball (402 kcal)  
Leaf wrapping (94 kcal)

TOTAL:883 (kcal)

## Wednesday

### Busenur/Obaköy Secondary School

<b>Breakfast</b>
Boiled egg(80cal) tea(0cal)
<b>lunch</b>
Toast (100cal) Apple (75cal)
<b>snack</b>
Banana (100cal)
<b>evening meal</b>
Black-eyed peas(90cal)
<b>snack</b>
Chocolate (550cal)
<b>Total:995</b>

## Adam from Primary School Number 48 in Katowice

Breakfast - Scrambled eggs with tomatoes and ham (521 kcal)

Ingredients:

3 eggs,  
tomato,  
a spoonful of olive oil,  
slice of beef ham,  
slice of wheat bread.

Lunch - spaghetti with minced meat (708 kcal)  
Ingredients:

150 g minced pork,  
100 g of spaghetti noodles,  
half a can of tomatoes,  
half an onion,  
spoon of olive oil.  
A method of preparing:

Fry the onion and meat in a pan. Season with salt, pepper and herbes de Provence.  
Cook pasta.  
Add tomatoes to the meat and cook the sauce.  
Serve the pasta with the meat and tomato sauce.

Dinner - raspberry yogurt with toppings (507 kcal)

Ingredients:

300 g of natural yogurt,  
120 g raspberries,  
30 g oat flakes,  
30 g cashew nuts.  
A method of preparing:

Mix yogurt with raspberries.  
Serve yogurt with cashew nuts and oatmeal.

## Oliwia from Primary School Number 48 in Katowice

Breakfast - Toasts covered with avocado with cottage cheese, cherry tomatoes Ingredients - breakfast - menu 1700 kcal:
Wholemeal rye bread 2 slices - (60 g) Avocado - ½ piece (70 g) Chives - 2 teaspoons Cherry tomatoes - 4 pieces Lamb's lettuce - a handful Half-fat cottage cheese - 2 slices (50 g) Natural yogurt - 1 tablespoon (20
Lunch - Tagliatelle pasta with chicken and vegetables in a creamy sauce Ingredients - dinner - menu 1700 kcal: Whole wheat tagliatelle pasta - 60 g Chicken breast meat, without skin - 150 g Red pepper - ½ piece Mushrooms - 2 pieces Onion - ½ piece Garlic - 1 clove Cherry tomatoes - 4 pieces

Cream cheese (for spreading) – 2 teaspoons (20 g)
Rapeseed oil – 1 teaspoon (5 g)
Parmesan cheese / grana padano – 1 tablespoon (8 g)
Spices: salt, pepper, marjoram, oregano, sweet and hot peppers, a teaspoon of soy sauce
Dinner – Vegetable salad with bulgur
Ingredients – dinner – menu 1700 kcal:
Bulgur – 3 tablespoons (40 g)
Red pepper – a piece (about 40 g)
Cucumber – 1 piece
Tomato – 1 small piece
Canned corn 2 tablespoons (30 g)
Red onion – ½ small piece (20 g)
Chives – 1 teaspoon
Parsley – 2 teaspoons
Olive oil – 2 teaspoons (10 g)
Mustard – ½ teaspoon (5 g)
Lemon juice – ½ tbsp

## Michalina-Primary School Number 2 in Rzeszów

Breakfast
Three pices of bread with white cheese and raspberry jam 158(cal)
Snack
Two croissants 800(cal)
Fruit Mousse 153(cal)
Lunch
Gnocchi with Pesto 144(cal)
Diner
Oatmeal 150(cal)
Total: 1405 cal

## Zuzia - Primary school number 2 in Rzeszów

<b>Breakfast</b>
Cereals with milk (170 cal)
<b>Snacks</b>
Yougurt mango and passion fruit (240 cal)
Must (80 cal)
<b>Lunch</b>
Spaghetti (450cal)
<b>Dinner</b>
Two sandwich with white cheese, lettuce, ham (150 cal)

Total: 1090 cal

## Irene (Alberto Marcos) IESO Tomás Bretón 1

<b>•Breakfast:</b>
Whole milk: 146 calories
Cocoa: 12 calories
Cookies of chocolate: 31 × 3= 93 calories
<b>•Lunch:</b>
Seafood soup: 120 calories
Beef with mushrooms: 144 calories
Strawberries: 49 calories
<b>•Snack:</b>
chocolate cupcake: 164 calories
<b>•Dinner</b>
Cheeseburger: 552 calories
Ice cream: 267 calories
Orange soda: 63
<b>Total: 1610 calories</b>

## Noelia/ (Teo Domínguez)/ IESO Tomás Bretón 2

<b>Breakfast</b>
Glass of Milk (146 cal)
Apple (72 cal)
<b>Snack</b>
Cookies (230 cal)
<b>Lunch:</b>
Chicken (512 cal)
Chips (155 cal)
Yoghurt (72 cal)
Snack:
Strawberries (46 cal)
Dinner:
Fish (213 kcal)
Salad (12 kcal)
TOTAL: 1,458 kcal

## Hatice Ebrar Peşket -Andiçen Secondary School



BREAKFAST

- no breakfast

LUNCH

- pizza toast (219 cal)

DINNER

- sultan kebab (193 cal )

- çiğköfte (239 cal)

- stuffed meatballs (89 cal)

- chili fries (87 cal)

Total : 1124 cal

Cemre YILDIZ - Andiçen Secondary School

Breakfast

Linden(4 kcal)

Cucumber(16 kcal)

1 slice of bread(66 kcal)

Halvah(146 kcal)

Lunch

1 cocostar(123 kcal)

Ramadan pita with halva(369 kcal)

1 can of milk(122 kcal)

Dinner

3 stuffed bell peppers(278 kcal)

Onion cold cuts(150 kcal)

1 slice of bread(66 kcal)

1 cocostar(123 kcal)

TOTAL:1463 kcal

Elif Su/ANDIÇEN SECONDARY SCHOOL-1

RAMADAN SAHUR

1 glass of chocolate milk (158 calories)

1 banana (105 calories)

IFTAR DINNER

3 cabbage rolls (198 calories)

5 tablespoons of rice pilaf (205 calories)

1 slice of ramadan pita (96 calories)

1 glass of lemonade (99 calories)

Bowl of noodle soup (181 calories)

TOTAL CALORIES: 1041 calories

Thursday

Busenur/Obaköy Secondary School

No breakfast

Lunch

1 Bogaca(178 cal)

1 Glass of Ayran(72 cal)

Snack

1 Apple(72 cal)

Dinner

5 Meatballs(57 cal)

1 bowl of mashed potatoes(210 cal)

Total=(589cal)

Eryk - Primary school number 2 in Rzeszów

Brekfast:

banana pancakes with jam (193 cal)

Lunch:

suffed cabbage (432 cal)

mushroom soup with pasta (166 cal)

Dinner:

frankfurter with slice of bread and white cheese (407 ca):

Drinks:

-1.5l water

-2 cups of tea

Total: 1198 cal

Adam from Primary School Number 48 in Katowice

Breakfast

Sandwiches with cottage cheese. Ingredients: graham bread (about 100 g), semi-fat cottage cheese (80 g), 18% cream (25 g), chives (10 g). Preparation: mix the cheese with sour cream and chopped chives, season to taste and spread on the sandwich. The whole dish has about 300 kcal.

Lunch

Chicken with groats and vegetables. Ingredients: chicken fillet (120 g), half a bag of buckwheat, 1 carrot, four tablespoons of green peas, 1 tablespoon of olive oil. The whole meal: about 400 kcal.

Tuna salad. Ingredients: a handful of lettuce, 60 g of tuna, half a pepper, half a cucumber, 1 tablespoon of olive oil. Preparation: combine the ingredients, season to taste. Whole: about 300 kcal.

Oliwia from Primary School Number 48 in Katowice

Breakfast - Oatmeal a'la snickers with tangerine  
Oat flakes - 4 tablespoons (40 g)  
Peanut butter - ½ teaspoon (7 g)  
Bitter cocoa 16% - 1 teaspoon (5 g)  
Dried dates - 1 piece (5 g)  
Dark chocolate - 1 cube (6 g)  
Icelandic skyr yogurt - ½ pack (75 g)  
Tangerines - 2 pieces (130 g)

Lunch - Baked cod with pesto, roasted vegetables served with yogurt dip  
Cod, raw fillet - 200 g  
Green basil pesto - 1 tablespoon (20 g)  
Potatoes - 3 pieces (200 g)  
Carrots - 1 piece (45 g)  
Parsley, root - 1 piece (35 g)  
Olive oil - 1 teaspoon (5 g)  
Natural yogurt - 1 tablespoon (20 g)  
Mustard - 1 teaspoon (10 g)  
Parsley - 1 tsp  
Garlic - 1 clove  
Spices for vegetables: salt, hot and sweet peppers, granulated garlic, oregano

Dinner - Omelet with mushrooms and feta cheese  
Eggs - 2 pieces  
Mushrooms - 2 pieces  
Tomato - 1 small piece  
Olive oil - 1 teaspoon (5 g)  
feta cheese - 2 slices (30 g)  
Wholemeal rye bread - 1 slice (30 g)

Daniel (Alberto Marcos) IESO Tomás Bretón 1

Breakfast

Milk:146 c  
Cereals of chocolate:121c

Lunch

Mince:235c  
Potatoes: 68c

Snacks

Pop corn: 89c  
2 Chocolate Biscuits:192c

Dinner

6 Chicken Nuguets: 288c  
Potato chips: 153c

Total:1.292 calories

Alejandra/ (Teo Domínguez) / IESO Tomás Bretón 2

Breakfast

Whole milk (146cal)  
Chocolate chip cookies (69cal)  
Pineapple juice (100cal)

Lunch

Rice (204cal)  
Chicken breast (164cal)  
Banana (104cal)  
Coke - classic (100cal)

Snack

Apple (72cal)  
Water (0cal)

Dinner

Fried egg (92cal)  
Sausages (163cal)  
Water (0cal)

Total: 1214 cal

Zehra Ebrar Andiçen secondary school -1

Breakfast: cheese (402,5 kcal) chocolate (545,6 kcal) observation (269 kcal)

Lunch: no lunch

Evening meal: meat (143,4 kcal) rice (359,2 kcal) soup (57 kcal)

Total calories: 1776,7 kcal

SALIH OZOGUL -Andicen Secondary School

Breakfast  
- no breakfast  
Snack  
- two hamburger (540 cal)  
Lunch  
- mixed toast (256 cal)  
Snack  
- 100 ml milk  
Dinner  
- Lentil soup (55.9 cal)

Friday

Saliha Gonca ÖZDOĞAN/ATIF BENDERLİOĞLU SECONDARY SCHOOL

Ramadan Sahur

Toast (211kcal)  
Cucumber (40kcal)  
Tea(2 cup/No sugar)  
Dried apricots(3 pieces)(75kcal)

Ramadan Iftar

Tomato Soup (95kcal)  
Salad (95kcal)  
Puding (200kcal)

TOTAL: 716 Kcal

# Busenur/Obaköy Secondary School

## No breakfast

## Lunch

Raw meatballs(180cal)  
Ice cream(207cal)

## Dinner

Baked chicken(290cal)

## Snack

Orange(47cal)  
Strowberry(32cal)

## Total=756cal

# Adam from Primary School Number 48 in Katowice

Breakfast: sandwiches with cottage cheese – approx. 300 kcal
100 g graham bread, 80 g semi-fat or low-fat cottage cheese, 25 g sour cream with 18% fat content,
10 g finely chopped chives. Method of preparation: Gently mix cottage cheese with sour cream and chives. Season the mass with your favorite spices – to taste. Spread the ready cottage cheese on slices of graham bread.
Second breakfast: natural yoghurt with raspberries – approx. 160 kcal
a pack of natural yoghurt (250 g),
a handful of raspberries (approx. 70 g). Preparation: Mix yogurt with fruit, do not sweeten with sugar or other sweeteners.
Lunch: chicken with groats and vegetables – approx. 400 kcal
120 g chicken breast fillet, half a bag of buckwheat,
small carrot, 4 tablespoons of green peas, 1 tablespoon of olive oil. Method of preparation: Buckwheat according to the recipe on the package. Peel and cook the carrot until soft, cut it into small cubes or slices. Fry chicken meat in olive oil, add carrots and peas, stew for a while. Serve on a plate with previously cooked buckwheat.
Afternoon tea: green vegetable cocktail – approx. 140 kcal
two cups of kale,
Green cucumber, green apple, juice squeezed from one lemon. Method of preparation: Wash vegetables and apple thoroughly, dry. Put all the ingredients in a tall container and blend until you get the consistency of a cocktail.

Dinner: salad with tuna – approx. 300 kcal
a handful of your favorite lettuce (e.g. iceberg, arugula, lamb's lettuce),
60 g tuna (e.g. canned),
half a pepper, half a cucumber spoon of olive oil. Method of preparation: Wash the vegetables, cut into any shape (e.g. into slices or thicker cubes), add tuna, lettuce and olive oil. Mix all ingredients thoroughly and season to taste with your favorite spices.

# Oliwia from Primary School Number 48 in Katowice

Breakfast – Scrambled eggs with spinach, wholemeal bread Eggs – 2 pieces Spinach – 2 x handful (approx. 50 g) Olive oil – 1 teaspoon (5 g) Wholemeal rye bread – 2 slices (60 g)
Lunch – Chickpea curry with basmati rice Chickpeas (canned) – 100 g Olive oil – 1 teaspoon (5 g) Canned tomatoes – 100 g Coconut milk 12% – 2 tablespoons (40 g) Onion – ½ piece Garlic – 1 clove Ginger, fresh – 2 slices Lemon juice – 1 tsp Basmati rice – ½ bag (50 g) Spices: salt, pepper, turmeric, cumin, a pinch of cinnamon, ground sweet paprika, ground chili pepper Coriander – a few leaves
Dinner – Salad with smoked chicken and feta cheese Smoked chicken, fillet – 50 g feta cheese – 2 slices (30 g) Radish – 4 pieces Iceberg lettuce – 4 leaves Chives – 2 teaspoons Fennel – 2 tbsp Olive oil – 1 teaspoon (5 g) Pumpkin seeds – 1 teaspoon (5 g) Lemon juice – ½ tbsp Wholemeal rye bread – 1 slice (30 g)

# Iona/ (Teo Domínguez)/ IESO Tomás Bretón 2

## BREAKFAST

Avocado toast: 373 cal  
Bread: 132 cal  
Oil: 80 cal  
Half an avocado: 161 cal  
Grapefruit juice: 152 cal

LUNCH

Pasta salad: 251 cal  
Chicken: 178 cal  
Banana: 105 cal

SNACK

Yoghurt: 29 cal  
Ham: 102 cal

DINNER

Courgette cream: 169 cal  
Grilled salmon: 243 cal  
Plain yoghurt: 78 cal

TOTAL: 1680 cal

Lucía C (Alberto Marcos) IESO Tomás Bretón 1

Breakfast

1 cup of whole milk- 120  
buttered toast-73

SNACK

1 banana-65  
1 biscuit-69

LUNCH

2 chicken fillets-196  
bread-67  
an apple-72

SNACK

a cup of strawberries-46

DINNER

omelette-149  
natural yogurt-143

TOTAL:1000 Cal

Wiktoria - Primary school number 2 in Rzeszów

BREAKFAST

- sandwich with white cheese and cucumber (130 cal)

SNACK

- fruit mousse (106kcal)  
- one banana (70 cal)

LUNCH

- dumplings (450 cal)

DINNER

- scrambled egg and sandwich with white cheese, lettuce and tomato (350 cal)

TOTAL: 1106 cal

Hasan Yusuf-Andiçen Secondary School

Breakfast

1 Bolled egg(78 cal)  
1 Slice of white chose(72 cal)  
10 olives(36 cal)  
1 Glass of milk(122 cal)

Lunch

1 Bogaca(178 cal)  
1 Glass of Ayran(72 cal)

Snack

1 Orange(62 cal)  
1 Apple(72 cal)

Dinner

Yogurt Soup(174 cal)  
5 Meatballs(57 cal)  
1 bowl of mashed potatoes(210 cal)

Snack

1 Glass sweet tea(20 cal)  
1 Probis(134 cal)

Total

1230 cal

Bade / Andiçen Secondary School

Breakfast

1 slice of white bread ( 90 cal )  
1 bolled egg ( 78 cal )  
1 slice of white cheese ( 72 cal )  
2 walnuts ( 62 cal )  
1 glass of milk ( 122 cal )

Snack

1 apple ( 72 cal )

Lunch

2 meatballs ( 201 cal )  
1 bowl of yogurt ( 122 cal )  
1 plate of pasta ( 141 cal )

Dinner

1 bowl of lentil soop ( 180 cal )  
1 bowl of green beans ( 47 cal )  
1 bowl of green salad ( 78 cal )

Snack

1 bowl of rice pudding ( 263 cal )

TOTAL : 1528 cal

Senem Yegin/Andiçen Secondary School-1

RAMADAN SAHUR

- » Boiled egg(155,1 kcal)
- » 2 glasses of tea(12 kcal)
- » Olive(105 kcal)
- » Feta cheese(263,6 kcal)

» Cucumber(20 kcal)

IFTAR DINNER

- » Lentil soup(62 kcal)
- » Manti(254 kcal)

SNACKS

- » Ice cream(207,5 kcal)

TOTAL=1079,2 kcal

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