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| **Ontbijt** | |
| Boeren volkoren | 164 kcal |
| Halvarineproduct, 35% vet, ongezouten | 38 kcal |
| Kaas, 40+ | 65 kcal |
| Aardbei jam | 50 kcal |
| Thee | 0 kcal |
|  | 317 kcal |
| **Lunch** | |
| Broodje gezond rustiek bruin | 328 kcal |
| Water | 0 kcal |
|  | 328 kcal |
| **Avond** | |
| Nasi | 567 kcal |
| Sate ajam | 258 kcal |
| Atjar tjampoer | 17 kcal |
| Campina milde halfvolle yoghurt 1,6% vet | 71 kcal |
|  | 913 kcal |
| **Tussendoor** | |
| Mueslireep met appel en krenten | 95 kcal |
| Thee | 0 kcal |
| Appel met schil | 76 kcal |
| Water | 0 kcal |
| Cola light | 0 kcal |
| Noten, ongezouten | 161 kcal |
|  | 332 kca |

**MENU 1**

**MENU 2**

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| **Ontbijt** | |
| Boterham, wit | 150 kcal |
| Roomboter, gezouten | 88 kcal |
| Hagelslag | 135 kcal |
| Optimel drink chocolade | 205 kcal |
|  | 578 kcal |
| **Lunch** | |
| Frikandelbroodje, van bladerdeeg | 474 kcal |
| Mars brownie | 90 kcal |
| Cola | 82 kcal |
|  | 646 kcal |
| **Avond** | |
| Soep, tomaten- | 58 kcal |
| Pizza margherita | 812 kcal |
| Chocoladevla, vol | 150 kcal |
| Slagroom kant-en-klaar | 22 kcal |
|  | 1042 kcal |
| **Tussendoor** | |
| Banaan | 120 kcal |
| Ice tea | 62 kcal |
| Cola | 82 kcal |
| Appelflap | 360 kcal |
| Koffie verkeerd, zonder suiker | 75 kcal |
| Dolce suikerklontjes | 32 kcal |
| Pinda's, gezouten | 310 kcal |
| Cola | 82 kcal |
|  | 1123 kcal |