|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Naam:** | **Fruit** | **Groenten** | **Vlees**  **Vis**  **Ei** | **Melk**  **Yoghurt**  **Kaas** | **Olie**  **Boter** | **Water**  **Koffie**  **Thee**  **Ranja** | **Brood**  **Crackers** | **Aardappelen**  **Pasta**  **Noodels**  **Rijst** |
| Juf  Vb. | Manderijn  Banaan | Peertjes\* | Vis | 3x Kaas  1x Melk |  | 3x water  3x thee  1x ranja | 3x brood  2x cracker | 1x aardappel |
| Wo | Appel |  |  |  |  |  |  |  |
| Do |  |  |  |  |  |  |  |  |
| Vr |  |  |  |  |  |  |  |  |
| Za |  |  |  |  |  |  |  |  |
| Zo |  |  |  |  |  |  |  |  |
| Ma |  |  |  |  |  |  |  |  |
| Di |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Naam:** | **Fruit /groente** | **Vlees Vis Ei Melk Yoghurt**  **Kaas** | **Olie**  **Boter** | **Water**  **Koffie**  **Thee**  **Ranja** | **Brood Aardappelen**  **Pasta Noodels**  **Rijst Crackers** |
| Voorbeeld | III | IIII |  | IIII II | IIII I |
| Woensdag |  |  |  |  |  |
| Donderdag |  |  |  |  |  |
| Vrijdag |  |  |  |  |  |
| Zaterdag |  |  |  |  |  |
| Zondag |  |  |  |  |  |
| Maandag |  |  |  |  |  |
| Dinsdag |  |  |  |  |  |

Hoe vaak per schijf?