



School meals in Poland

IZA: I always have fruit for lunch. Tangerines are my favourite. I have one sandwich for „second breakfast” because I eat lunch at school canteen too.



KINGA: For lunch I always have a package of sweet croissants and a bottle of ice tea.

ADAM: I usually have sandwiches for my lunch. I like bananas, apples and tangerines.

I often have a chocolate bar too. I take a bottle of juice to school.



MAGDA: I'm on a diet so I eat healthy food only. For lunch at school I have yoghurt or a banana. I don't eat lunch at school canteen. Mum cooks special meals for me at home.



JAKUB: I take packed lunch with me to school. I usually have a roll with ham and some fruit – an apple or an orange and a bottle of juice. On Friday I have a roll with chocolate spread.



The school canteen



Our school canteen is small but cosy. These are the ladies who cook the meals for us every day.
The food is very tasty.



And this is one of our teachers who take care of us in the canteen.

The school menu

(written by Paula and Ilona)

Monday



Sour cucumber soup, bread



Pork stew, potatoes, juice

Tuesday



Tomato soup, bread



Boiled meatballs, potatoes, beetroot salad, juice

Wednesday



(Kidney) Bean soup, bread

Thursday



Fried sausage, potatoes, cucumber salad, juice



Roast pork, potatoes, sour cabbage salad, a tangerine, juice

Friday



Groats soup, bread



Fish roundel, potatoes, sour cabbage salad, juice

🇮🇹 School meals in Italy



In the morning, we have a break from 10,30 to 11,00. We eat a snack brought from our home: a cake, a sandwich, a bar of chocolate, a fruit, crackers, yoghurt. We bring also something to drink: water, cold tea, fruit juice.

One week each month we receive fruit from the school and another week we receive biscuits with honey or jam.



After eating our snack, we rest a little, we can play inside the school: we play with board games, make puzzle, draw...

At 12,30, on Tuesday and Thursday we go home. At the same time, on Monday, Wednesday and Friday we have lunch at school. We go in the school canteen and we serve by ourselves: we take the tray and put the serviette, the glass, the cutlery, bread and fruit on it.



The cooks put the food in the dishes and our teachers help us to take them. We eat together, seat at big tables, divided in classes. Our cooks are very able and the food is really tasty! Sometimes, instead of fruit, we have cake or ice cream!



After lunch, for about half an hour, we usually go to play outside: we run, jump, play to “nascondino” (we hide ourselves and one child have to find us), we pretend to be mummies or teachers.

The school menu

Here is a typical weekly school menu in both our schools (Rignano sull'Arno school, Incisa in Val d'Arno school)

Monday



Pasta with tomato sauce
Ham with roast potatoes
Bread
Fruit: banana



Tuscany croutons: bread with
tomato sauce and chicken liver
Cheese with green salad
Fruit: pear and apple

Wednesday



Tortellini with butter and sage
Omelette with cabbage



Soup with beef stock
Roast chicken with boiled potatoes

Friday



Pasta with fish

Cheese with spinach

Bread

Chocolate cake



Lasagne

Cooked ham and green salad

Bread

Fruit: tangerine



School meals in Slovenia



The first meal break in Slovenia starts differently for each class, namely: 1st–3rd class (6–8 years): 9.00 am, 4th–5th class (9–10 years): 9.45 am, 6th–9th class (11–14 years): 10.40 am. Pupils have 20 minutes to finish it.

When forming the menus, we consider nutritious and energetic value of the food.

General recommendations for the daily consumed food are: 50–60% carbon hydrate (but not sweets), 10–15% albumin and 30–35% of fat.

Following this, children have hot drinks, different patés, and sausages. But the best days are pizza or hot-dog days.



Our motto is eat everything, but in small amounts.



This year we have entered the project School Fruit Scheme which is funded by the European Union. Thus, we have fresh fruit available every day (apples, pears, oranges, pineapples, nashis, kakis, kiwis, bananas...)

Our students are gradually

becoming accustomed to different kinds of bread, various kinds of dishes, which are not so popular, and the progress is already seen. The easiest is to start in the kindergarten because young children accustom very quickly to new kinds of food.

At 12,30, lunch is served in the school canteen. Each pupil takes a tray, a serviette, and the cutlery.



Our lunches are delicious. We always have a soup, beef or vegetables one. Favourite main courses consist of meat and side dishes like mashed potato or rice. We do not like vegetables a lot but we eat them because they are healthy.

When forming the menu, we also include traditional Slovene food, typical of our district and the whole country.

The school menu

example of monthly menu: November

DAY DATE	BREAKFAST	LUNCH	AFTERNOON SNACK
MONDAY 02.11.	brown bread, butter, honey, milk, fruit	grilled sausage, sauerkraut, mashed potatoes, juice, milk slice	oat roll, 100% fruit juice
TUESDAY 03.11.	granary bread, margarine, a slice of cheese, tomato, fruit tea, fruit	string beans with pork meat, half white bread, curd pie, tea	yoghurt, brown bread
WEDNESDAY 04.11.	poppy roll, cocoa, fruit	vegetable soup, grilled turkey steak, rice with vegetables, red beet	vanilla pudding
THURSDAY 05.11.	scrambled eggs, oat bread, herbal tea with lemon, fruit	pea soup, pasta with tuna, mixed salad, fruit yoghurt	fruit, bread
FRIDAY 06.11.	milk groats with chocolate, bread, banana, fruit	beef goulash, lettuce, chocolate roll	granary croissant, tea
MONDAY 09.11.	half white bread, herbal spread, white coffee, fruit	garlic soup, spaghetti Bolognese, rubbed cheese, red beet	fruit kefir, black bread bun
TUESDAY 10.11.	cheese roll, walnuts, rose hip tea with honey, fruit	soup, fish fingers, potato salad, biscuit, juice	banana, milk
WEDNESDAY 11.11.	walnut croissant, milk, fruit	mushroom soup, roasted chicken, mlinci (baked noodles), stewed red cabbage	Cheese, gibanica (cheese layered cake), tea
THURSDAY 12.11.	hot dog, ketchup/mustard, lime tea with lemon, fruit	bean and pork soup, brown bread, roasted pancakes with curd, stewed apples	chocolate milk, spelt roll
FRIDAY 13.11.	black bun, butter, cocoa, fruit	beef soup with noodles, spinach, beef, mashed potatoes, juice	fruit biscuit, tea
MONDAY 16.11.	maize bread, vegetable-meat spread, herbal tea with lemon, fruit	asparagus soup, cannelloni with meat, Chinese cabbage with potatoes, pudding	fruit curd

TUESDAY 17.11.	milk rice with chocolate, bread, banana, fruit	carrot soup, roast turkey, pasta, mixed salad with tomatoes, juice	oats roll, 100% fruit juice
WEDNESDAY 18.11.	Buhtelj (baked sweet dumplings), milk, fruit	meat and vegetable stew, half white bread, apple strudel, 100% orange juice	pear, maize bread
THURSDAY 19.11.	buckwheat bread, mozzarella, tomato, fruit tea, fruit	beef soup with noodles, fish fillet, salty potatoes, cabbage salad with beans	fruit – cereal slice, milk
FRIDAY 20.11.	granary roll, chicken ham, paprika, lime tea with lemon, fruit	chicken stew, potato rolls, lettuce, vanilla yoghurt with fruit	milk croissant, apple
MONDAY 23.11.	brown bread, cheese, carrot, white coffee, fruit	Vegetable stew with meat, omelet with raisins, stewed fruit	fruit yoghurt with muesli, bread
TUESDAY 24.11.	rye bread, fish spread, paprika, herbal tea, fruit	cauliflower soup, Viennese steak, rice with peas, lettuce with maize, juice	fruit, bread
WEDNESDAY 25.11.	fruit cereals, milk, banana, bread, fruit	potato goulash, frankfurter, walnut roll, juice	ham – cheese roll, tea
THURSDAY 26.11.	buckwheat bread, pâté, tomato, fruit tea, tea	beef soup with kasha, beef steak in a sauce, bread dumpling, lettuce, juice	curd with fruit
FRIDAY 27.11.	half white bread, butter, jam, milk, fruit	tomato soup, meat lasagna with vegetables, mixed salad with lentils, juice	chocolate roll, juice
MONDAY 30.11.	millet kasha, dry fruit, season fruit	egg drop soup, cabbage with meat, stewed apples	fruit bread, fruit



School snacks in Romania

We, the morning shift (pupils aged 6 to 10, meaning grades 1 to 4) have the big break between 9:45 and 10:05. We have a snack offered for free by our government: 200 ml milk and a bread croissant. We also bring some food (sandwiches, fruit, sweets) and drinks (water, juice) from home.



We, the pupils from the afternoon or second shift (pupils aged 10 to 14, meaning grades 5 to 8), have the same snack offered by our government during the 13:50 break. The break lasts for 10 minutes.

Some of us like the government snack but some others don't. We buy different cakes, biscuits from the little shop inside the school or from the shops next to our school.



We never have proper meals at school because we go to school either in the morning or in the afternoon, in two shifts.

We have all our meals at home, before going to school or after coming back home from school.



GUIDE TO
SCHOOL MEALS
ACROSS
EUROPE

A DAY IN THE
LIFE OF AN
EUROPEAN
CHILD

A day in the life of a Danish child

Hallo my name is Andrea, I am 11 years old and I live in Copenhagen.
I'm in 5.a at Skolen ved Bülowsvej. I wake up 6.30.

This is my breakfast it contains of:
tea, juice, porridge oats with milk and sugar.
I eat breakfast at 7.00 o'clock.



Now I am going
to school. It is 7.30
o'clock

After school I am
doing my homework.



Here I am ready for karate. It is so funny.
I work at 16.30-17.30 + 18.30-19.30 on Mondays
18.15 - 19.45 on Tuesdays. 17.30 - 18.30 on
Wednesdays.

18.00 o'clock I am eating dinner. Today it is tortillas with nice stuff in it.

I am going to bed at 21.30 o'clock.



A day in the life of a Polish child

Hi. It's me, Magda. This is my typical school day. I wake up at 6.35 but I get up at about 7 am every day. Then I have a shower, get dressed and do my hair. At 7.20 I put on my shoes, a coat, a hat. Then I go to school. From 8 a.m. to 2.20 p.m. I am at school.



I learn Science, Math, English, Polish. I play and talk to my friends. I usually finish school in the afternoon, so I go home after school. It takes me 10 minutes.



I have dinner at 3 o'clock. For dinner I often eat salad, meat, pasta. On Wednesday I ate steak but on Thursday my mum cooked pasta with cheese. From 3.15 to 4 o'clock, after dinner, I relax. I often watch TV, read books or play. After

that, I go upstairs to my room. I do my homework, I read, learn, do projects. My mum is a teacher, she often helps me with Maths. At 5 p.m. I clean the house. My mum shared the housework, so we all know what to do and help in keeping the house clean.



I make sandwiches for supper or I eat yoghurt. After supper, I play games, talk to my mum or meet my friend. We spend time playing tricks or telling jokes. At 8 p.m. I have a shower. I dry my hair. Then I go to bed.

A day in the life of an Italian child

At 7,30 in the morning I get up, I put on my dresses and I wash myself. I have breakfast: milk, cereals, cookies or a little cake. At 8 I go to school with my mum. Other friends of mine come to school by school bus.



From 8,30 to 10,30, in our class, we read, write, draw, count, work to Comenius project, listen to the teacher and pay attention.

At 10,30 we have the break. First I eat the snack that mum gave me:

fruit, or a sandwich, or a little pizza or a little cake. Then I play with my friends. From 11 to 12,30 we work again.

From 14,30 to 16,30 we study, play and read at school. On Tuesday and Thursday we go home at 12,30 and during the afternoon we do our homework.



At 8 p.m. I have dinner with my family. We have often soup as first dish, then a second dish and a dessert (fruit or cake).



We talk about our day and we watch the news on the TV.

A day in the life of a Welsh child

I get up at 7.30 a.m. The first thing I do is go downstairs and get my breakfast from my Mum. Sometimes I have toast or cereal but for a treat I have croissant. Today it was cereal (coco pops) with a drink of water.

Once I have had my breakfast I go upstairs. I brush my teeth, wash my face and put on my school uniform. I have to wear light blue t-shirt, a royal blue jumper with my house badge, black trousers and black or white socks. I also wear black shoes. Most people go to school by car but I walk. I take two minutes to get to school. I have to cross two roads. I wave to my Mum or Dad when I walk on my own. School starts at 8.55 a.m.



When I get to school I drop my books in class and my teacher takes the register. Next I go to assembly. Today it's Mrs West; she read us a bible story. We finish assembly at 9.30. a.m. Our first lesson is maths, it is my favourite lesson. Today we learnt about sequences. The lesson lasts an hour and finishes at 10.30 a.m.

We then have a break for fifteen minutes. I usually play football on the Multi-Use-Games Area (MUGA). We have a snack at break time. I usually have a chocolate bar. After break we have English. Today we looked at punctuation using speech marks. The lesson finishes at 12.05 p.m. We then have lunch.



After tea I play on my games console. It is interactive and I can play children from other countries. I have lots of games including Mario Kart and FIFA 09 football. At 8.30 p.m I have some supper usually toast or a potato cake with a drink of water or a hot chocolate.



I then go upstairs about 9.00p.m. and clean my teeth before getting into bed and reading for ten minutes. By 9.30 p.m. I am usually tired and go to sleep dreaming about football and my favourite team Manchester United.



A day in the life of a Romanian primary school child

Classes 3 A, B, C and 4 B, primary school level, ages 9 to 11, Școala cu clasele I-VIII „Matei Basarab” Târgoviște, Romania.

This daily programme is the same for most children aged 6 to 11 in Romania. In most Romanian schools there are two shifts: one in the morning for pupils aged 6 to 11 (grades 1 to 4) and one shift starting at noon for pupils aged 11 to 14/15 (grades 5 to 8).



I get up at 7 am. I wash. I have breakfast – tea or milk, bread and butter and jam, eggs, cheese, salami. I go to school in the morning. I start school at 8:00 o'clock in the morning. I have classes from 8 am to 11:50 or 12:50. After each class I have a break. One class has 45 minutes.

One break lasts 15 minutes. At 9:45 we have the big break; it has 20 minutes; it's time to have a snack. We have classes of Romanian, English, Maths, Music, Art, PE, RE, Practical Abilities etc.



When I get back home, I have lunch. For lunch I usually have soup (I don't like it very much), a second dish (steak and potatoes or steak and beans etc) and a desert (a piece of cake



or fruit). I eat soup and the second dish with bread.



When I finish my homework, I play with my toys, watch TV, play on computer, meet my friends or schoolmates or go for a walk in the park.

A day in the life of a Spanish child



7:30 I wake up.

7:50 I have breakfast. I usually eat some chocolate milk and toast.

8:00 I take the bus to school

8:40 I get to school. My school is called Colegio Añoreta.

8:45 My classes start. In the morning I have two classes.

10:35 Break time starts. Some people have their breakfast or a snack. I go to the playground and play football.

11:05 More classes. After breaktime we have two more classes before lunch.

From 1:00 – 2:45 we have lunch and midday break at school. I eat lunch in the Dining Hall and then I go to the playground and play football.

14:45 More classes. After lunch we have two more classes and then a workshop.

17:15 School is finished for the day! Time to go home.

17:55 I get home.

18:15 Some days I have private lessons.

21:45 I go to bed.

