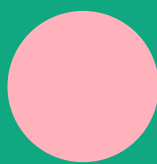


# Menù Settimanale

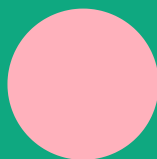
@semplicementealex3

## Lunedì



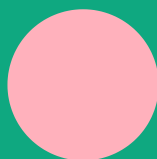
YOGURT  
PASTA  
ZUPPA

## Martedì



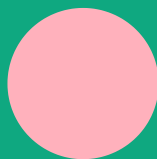
PORRIDGE  
PANINO  
AL FORNO

## Mercoledì



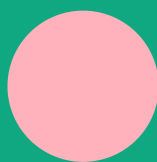
MUFFIN  
RISO  
IN UMIDO

## Giovedì



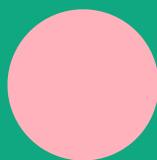
CHIA PUDDING  
CEREALI  
BURGER

## Venerdì



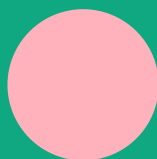
DOLCE  
PASTA  
IN PADELLA

## Sabato



PORRIDGE  
RISOTTO o POLENTA  
AVANZI o CONGELATI

## Domenica



PANCAKE  
PASTA DI FARRO  
PIZZA