

Drink of the week: Herbal tea

18.9.2023 – 22.9.2023 Classic WEEK 153

Monday

Breakfast:

120g Yoghurt with forest fruit 7 and nut granola 1, 5, 8

50g Apple

Lunch: 200ml Soup with bean pods 7

210g (85g/100g/25g) Spinach sauce with cream, cooked potatoes, egg 3

Snack: 75g Sourdough bread 1, avocado spread with Lučina 7

Tuesday

Breakfast:

100g Rice mash with pear compote and clarified butter 7

50g Peach

Lunch: 200ml Beetroot cream with coconut milk and pumpkin seeds

225g (90g/110g/25g) Turkey pieces with pineapple, basmati rice, apple and carrot salad

Snack: 75g Rustic bun 1, cheese spread with fresh herbs 7

Wednesday

Breakfast:

85g Toast in egg with cheese 1, 3, 7

50g Tomatoes

Lunch: 200ml zucchini soup with pea and buckwheat

200g (100g/100g) Veal meat with cabbage and sour cream sauce with steamed dumpling 1, 3

Snack: 100g Apple pie 1, 3, 7, fruit

Thursday

Breakfast:

120g Cocoa pudding with raspberries and biscuit 1, 3, 7

50g plums

Lunch: 200ml Tomato soup with rice

210g (85g/100g/25g) Chicken pieces with carrot, couscous with herbs 1, cabbage salad

Snack: 75g Graham pastry 1, spread from baked celery and apples with Lučina 7, 9

Friday

Breakfast:

75g Sourdough bread 1, tuna spread with pickles 4, 7

50g Grape

Lunch: 200ml Vegetable broth with rice noodles 9

210g (185g/25g) Farfalle with cheese spread 1, 7, lettuce

Snack: 75g Ham pizza with corn 1, 3, 7

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STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

ALERGIE: 1-Obilniny, 2-Kôrovce, 3-Vajcia, 4-Ryby, 5-Arašidy, 6-Sója, 7-Mlieko, 8-Orechy, 9-Zelér, 10-Horčica, 11-Sézam, 12-Siričitany, 13-Veľí bôb, 14-Mäkkýše, Z-zemiak **POZNÁMKA:** Zmena jedálneho lístka je vyhradená. Pri príprave jedál sa nepoužívajú geneticky modifikované potraviny.