



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: herbal tea

9.5.2022 – 13.5.2022 Classic WEEK 83

Monday

Breakfast:

100g Creamy curd dessert 7 with nut granola 1, 8
50g Orange

Lunch: 200ml Creamy chickpea soup with carrot and croutons 1
210g (85g/25g/100g) Spinach sauce 7 with egg 3, potatoes

Snack: 75g Sourdough bread 1, spread from baked paprika and tomatoes 7

Tuesday

Breakfast:

100g Rice mash with cherries and almonds 7, 8
50g Apple

Lunch: 200ml Pumpkin soup with carrot and pomegranate
225g (90g/110g/25g) Turkey meat on "Znojensky" way ☺ 1, 10, rice, mixed salad

Snack: 75g Graham pastry 1 with broccoli – corn spread 7

Wednesday

Breakfast:

60g/40g Omelet with cheese 3, 7, sourdough bread 1
50g Paprika

Lunch: 200ml Thick vegetable soup with barley groats 1
225g (200g/25g) „Koložvárska” cabbage with chicken meat 3, 7 cucumber salad

Snack: 75g Somlói cake with fruit 1, 3, 7

Thursday

Breakfast:

100g Oatmeal porridge with coconut and cocoa 1
50g Banana

Lunch: 200ml Broth with root vegetable and noodles 1
225g (80g/120g/25g) Veal fake Osso buco, baked polenta, salad

Snack: 75g Graham pastry 1, curd spread with carrot and herbs 7

Friday

Breakfast:

75g Poppy seed pastry 1 with honey mousse 7
50g Pear

Lunch: 200ml Lentil soup with sour cream 7
210g (185g/25g) Spaghetti with tomato ragout 1, green salad with baked paprika

Snack: 75g Sourdough bread 1, sardine spread with onion 4, 7, 10

Mady by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & amp;; Adv Dip WHM., zdravé bruško – Igor Švec,
ALLERGENS: 1-Cereals containing gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans, 7-Milk, 8-Nuts, 9-Celery, 10-
Mustard, 11 - Sesame seeds, 12-Sulphur dioxide and sulphites, 13-Lupin, 14-Molluscs, P-Potato
NOTE: Menu changes reserved. No genetically modified food is used in the preparation of meals.