

Drink of the week: Herbal tea 23.1.2023 – 27.1.2023 Classic WEEK 119

## Monday

### Breakfast:

100g Nut yogurt from curd with chocolate 7, 8

50g Orange

**Lunch:** 200ml Minestrone soup with grits 1, 9

210g (185g/25g) Farfalle 1 with tuna, tomatoes, and fresh basil, 4, lettuce

**Snack:** 75g Sourdough bread 1, pea spread with mint 7

## Tuesday

### Breakfast:

100g Wheat porridge with apples and strawberries with cinnamon 7

50g Pear

**Lunch:** 200ml Potato soup with dill with sour cream 7

225g (90g/110g/25g) Veal cevapcici 1, 3, 10, sweet potato and pea puree,

Mustard onion 10

**Snack:** 75g Graham pastry 1, ham mousse with chive 7

## Wednesday

### Breakfast:

100g (50g/50g) Omelet with cheese 3, 7 and spring onion, sourdough bread 1

50g Cucumber

**Lunch:** 200ml Soup from domestic hen with noodles 1

225g (90g/110g/25g) Steamed turkey pieces on vegetable, rice, tomato salad with onion

**Snack:** 75g Sourdough fruit cake 1, 3, 7

## Thursday

### Breakfast:

100g Semolina porridge with fruit and almond butter 1, 7, 8

50g Banana

**Lunch:** 200ml Broccoli and kohlrabi soup

200g (90g/110g) Chicken pieces with sour cabbage and sour cream (“segedín”), steamed dumpling 1, 3, 7

**Snack:** 100g Graham pastry 1, Lučina with fresh chive 7, vegetable

## Friday

### Breakfast:

75g Pancakes 1, 3, 7 with apricot mousse 7

50g Apple

**Lunch:** 200ml Carrot soup with red lentil

210g (95g/25g/90g) Spinach 7, egg 3, cooked potatoes

**Snack:** 75g Sourdough bread 1, cheese mousse with almonds 7, 8

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.