

Drink of the week: Fruit tea

20.11.2023 – 24.11.2023 Classic WEEK 162

Monday

Breakfast:

120g Cocoa yogurt with flakes 1, 7

50g Apple

Lunch: 200ml Celery cream soup with apples and sunflower seeds 9

225g (200g/25g) Vegetable pilaf with beans, cucumber salad

Snack: 75g Sourdough bread 1, pepper foam with spring onion 7

Tuesday

Breakfast:

120g Oatmeal with pear and white chocolate 1, 7

50g Orange

Lunch: 200ml Vegetable minestrone with bulgur 1

200g (90g/110g) Young bull beef goulash, boiled potatoes with onion

Snack: 75g Graham bun 1 with pea Lučina and chives 7

Wednesday

Breakfast:

85g Sourdough bread 1, egg 3, and garlic Lučina 7

50g Carrot

Lunch: 200ml Veal broth, root vegetables and kale, pasta 1

225g (90g/110g/25g) Roasted chicken pieces with broccoli and cauliflower, couscous 1, tomato salad with spring onion

Snack: 75g Corn spread with lime and pepper 7, graham crackers 1

Thursday

Breakfast:

120g Wheat pudding with fruit 7

50g Orange

Lunch: 200ml Mushroom cream soup with roasted carrot 7

225g (90g/110g/25g) Turkey meatballs in cream sauce with Brussels sprouts 7, mashed potatoes, beetroot salad with apple and feta 7

Snack: 75g Pumpkin pie 1, 3, 7

Friday

Breakfast:

75g Graham pastry 1 with butter 7 and cheese 7

50g Carrot

Lunch: 200ml Bean and potato soup with sour cream and with dill 7

210g Spinach dumplings with cheese sauce and fresh chives 1, 7

Snack: 75g Apple pie 1, 3, 7

Zostavili: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & Adv Dip WHM, zdravé bruško – Stanislav Šulc, Zdroje: Tinkine recepty, 2017

ALERGÉNY: 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-Vlčí bôb, 14-Mäkkýše .Z-zemiak **POZNÁMKA:** Zmena jedálneho lístka je vyhradená. Pri príprave jedál sa nepoužívajú geneticky modifikované potraviny.