

Drink of the week: Herbal tea

19.9.2022 – 23.9.2022 Classic WEEK 102

**Monday****Breakfast:**

100g Creamy yoghurt Stracciatella with nuts and biscuit 1, 3, 7  
50g Pear

**Lunch:** 200ml Handful soup with plums  
210g (185g/25g) Vegetable risotto, salad

**Snack:** 75g Potato bread 1, carrot spread with fresh chive and lučina 7

**Tuesday****Breakfast:**

100g Buckwheat porridge with fruit and coconut milk 1  
50g Apple

**Lunch:** 200ml Carrot cream with split pea and bulgur 1, 7  
225g (200g/25g) "živánska" with turkey meat with potato, cucumber salad

**Snack:** 75g Rustic pastry 1, poultry spread with fresh chive 7, 10

**Wednesday****Breakfast:**

75g Fried bread in egg 1, 3, 7  
50g Paprika

**Lunch:** 200ml Vegetable broth with pasta 1, 9  
225g (90g/110g/25g) Chicken pieces steamed on vegetable, couscous, cabbage salad with carrot

**Snack:** 75g Blueberry muffins with yogurt topping 1, 3, 7

**Thursday****Breakfast:**

100g Semolina porridge with strawberries and mint 1, 7  
50g Melon

**Lunch:** 200ml Broccoli spread with croutons 1, 7  
200g (90g/110g) Goulash from young bull, dumpling 1, 3, 7

**Snack:** 75g/25g Graham pastry 1, mozzarella spread tomatoes and fresh basil 7, fresh vegetable

**Friday****Breakfast:**

75g Sourdough bread 1 with apricot and cottage cheese spread 7  
50g Banana

**Lunch:** 200g Thick cale soup with potatoes  
210g (100g/100g/10g) Farfalle 1 with creamy tomato soup 7, cheese 7

**Snack:** 75g Vegetable pancakes 1, 3, 7 with soft spread from baked garlic 7

Made 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.