

Drink of the week: Herbal tea

4.7.2022 – 8.7.2022 CLASSIC WEEK 91

Monday

Breakfast:

100g Greek yoghurt with banana 7 and chocolate – nut biscuit 1, 3, 7, 8

50g Apple

Lunch: 200ml Bean soup with potatoes and fresh herbs

210g (185g/25g) Vegetable risotto with mozzarella and fresh herbs 7, cucumber salad

Snack: 75g Potato bread 1, zucchini – aubergine spread with lučina 7

Wednesday

Breakfast:

75g Graham pastry 1, butter 7, cheese 7

50g Cucumber

Lunch: 200ml Broccoli cream with croutons 1, 7

225g (90g/110g/25g) Steamed turkey pieces on pea, pasta 1, tomato salad

Snack: 75g Cream with fruit 7 and biscuit 1, 3, 7

Thursday

Breakfast:

100g Buckwheat porridge with apple, nuts, and cinnamon 7, 8

50g Apricot

Lunch: 200ml Vegetable broth with little pasta 1, 9

225g (90g/110g/25g) Chicken skewers with vegetable, cooked potatoes, lettuce

Snack: 75g Sourdough bread 1, celery spread with onion 7, 9

Friday

Breakfast:

75g Graham pastry 1, curd spread with carrot 7, 10

50g Paprika

Lunch: 200ml Carrot soup with red lentil and sorghum

210g (185g/25g) Tuna pasta 1, 4, vegetable salad

Snack: 100g Cookies 1, 3, 7 with fresh fruit

Made by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & 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.