

Drink of the week: Herbal tea 20.3.2023 – 24.3.2023 Classic WEEK 127

Monday**Breakfast:**

100g Greek yoghurt with banana 7 and chocolate biscuit 1, 3, 7
50g Apple

Lunch: 200ml Cauliflower soup with potato and fresh herbs
220g (120g/85g/15g) Penne 1 with creamy vegetable sauce 7, cheese 7

Snack: 75g Sourdough bread 1, tuna spread with red onion 4, 7

Tuesday**Breakfast:**

100g Oatmeal porridge with coconut milk, poppy and almonds 1, 8
50g Grape

Lunch: 200ml Creamy pea soup with stalk celery 7
225g (90g/110g/25g) Chicken pieces with creamy lemon sauce 7, sweet potatoes with wheat, cabbage and carrot salad

Snack: 75g Graham pastry 1, egg spread with radish 3, 7

Wednesday**Breakfast:**

100g Omelet with cheese and onion 3, 7, sourdough bread 1
50g Cucumber

Lunch: 200ml Broccoli soup with croutons 1
225g (90g/110g/25g) Steamed turkey pieces on pea, couscous with herbs 1, salad.

Snack: 75g Fruit strudel 1, 3, 7

Thursday**Breakfast:**

100g Buckwheat porridge with apples, nuts and cinnamon 7, 8
50g Pear

Lunch: 200ml Vegetable broth with noodles 1, 9
225g (90g/110g/25g) Veal burger with egg 3, 7, cooked potatoes, lettuce

Snack: 75g Graham pastry 1, zucchini-eggplant with Lučina 7

Friday**Breakfast:**

75g Sourdough bread 1, curd spread with carrot 7, 10.
50g Paprika

Lunch: 200ml Tomato soup with cream 7
210g Dumplings with sour cabbage and sautéed onion 1, 3, 7

Snack: 125g Cookies 1, 3, 7 with fruit salad and yoghurt 7

Mady 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