

Drink of the week: Herbal tea

10.6.2024 – 14.6.2024 Classic WEEK 190

Monday**Breakfast:**

120g Chocolate yogurt 7 with nut granola 1, 8

50g Apple

Lunch: 200ml Cauliflower cream soup with millet and parsley pesto

225g (90g/110g/25g) Pea mash with carrots 7, mashed potatoes with onions, egg 3

Snack: 75g Sourdough bread 1, garlic spread with herbs 7**Tuesday****Breakfast:**

120g Oatmeal porridge with bananas and white chocolate 1, 7

50g Nectarines

Lunch: 200ml Creamy spinach soup with caraway 7 and croutons 1

225g (90g/110g/25g) Veal sauté with broccoli, tarhonya 1, mixed salad

Snack: 75g Rustic pastry 1, corn spread with chives 7**Wednesday****Breakfast:**

75g Sourdough bread 1, cheese 7, mustard butter 7, 10

50g Cucumber

Lunch: 200ml Veal broth with pasta and vegetables 1, 9

200g (90g/110g) Turkey meat with stewed cabbage, boiled potatoes with butter 7

Snack: 100g Carrot cake with white chocolate 1, 3, 7, fruit**Thursday****Breakfast:**

120g Rice porridge with raspberries and coconut milk

50g Banana

Lunch: 200ml Carrot and tomato soup with barley 1

225g (90g/110g) Chicken paprikash 7, dumplings 1, 3

Snack: 100g Graham pastry 1, cottage cheese spread with carrot and basil 7, vegetables**Friday****Breakfast:**

75g Sweet braided bread 1, 3, 7, honey mousse 7

50g Pear

Lunch: 200ml Parsnip cream soup with roasted carrots and potatoes

225g (90g/110g/25g) Cauliflower curry with chickpeas, basmati rice, carrot salad with apple and lime

Snack: 75g Gingerbread with coconut and rosehip jam 1, 3, 7

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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