



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

2.9.2024 – 6.9.2024 Classic WEEK 36/2024

Monday

Breakfast:

120g Blueberry yogurt 7 with cornflakes

50g Apple

Lunch: 200ml Minestrone with buckwheat 9

225g (90g/110g/25g) Spinach stew 7, boiled potatoes, egg 3

Snack: 75g Sourdough bread 1, garlic spread with cheese 7

Tuesday

Breakfast:

120g Oatmeal with strawberries and almond butter 1, 7, 8

50g Banana

Lunch: 200ml Cauliflower cream soup with potatoes and parsley

200g (90g/110g) Turkey stew 7, pasta 1

Snack: 100g Graham bread 1, roasted pepper spread 7, vegetables

Wednesday

Breakfast:

75g Sourdough bread 1, egg spread 3, 7, 10

50g Cucumber

Lunch: 200ml Tomato soup with dumplings 1, 3

225g (90g/110g/25g) Veal sauté with peas, carrot-potato purée 7, mixed salad

Snack: 75g Apricot sponge cake 1, 3

Thursday

Breakfast:

120g Rice porridge with banana, chocolate, and coconut milk

50g Peach

Lunch: 200ml Vegetable broth with pasta 1, 3, 9

225g (90g/110g/25g) Chicken pieces with corn, herb rice, carrot-apple salad

Snack: 75g Graham bread 1, zucchini spread with green pepper 7

Friday

Breakfast:

75g Sourdough bread 1, sun-dried tomato and basil spread 7

50g Pepper

Lunch: 200ml Pea soup with croutons 1, 7

225g (110g/90g/25g) Spaghetti 1 with cheese sauce and broccoli 7, leafy salad

Snack: 75g Sweet poppy seed roll 1, 3, 7 with apricot mousse 7

Mady by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & amp;, Adv Dip WHM,, zdravé bruško – Stanislav Šulc, Vladimír Kohút

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