



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

2.12.2024 – 6.12.2024 Classic WEEK 49/2024

Monday

Breakfast:

120g Apricot dessert with roasted almonds and cornflakes 7, 8

50g Apple

Lunch: 200ml Garlic clear soup with pearls 1, 3

225g (90g/110g/25g) Pea puree with roasted vegetables 9, boiled potatoes, egg 3

Snack: 75g Sourdough bread 1, poultry mousse with pickled cucumber 7

Tuesday

Breakfast:

120g Oatmeal porridge with apples, cinnamon, and walnuts 1, 7, 8

50g Orange

Lunch: 200ml Parsnip cream soup with honey and buckwheat

225g (90g/110g/25g) Veal stroganoff 7, 10, rice, cabbage salad with carrot

Snack: 75g Rustic bun 1, cottage cheese with beetroot and horseradish 7

Wednesday

Breakfast:

75g Sourdough bread 1, herb butter 7, cheese 7

50g Bell pepper

Lunch: 200ml Pea soup with zucchini, turmeric, and lovage

225g (90g/110g/25g) Turkey roast with vegetables, boiled potatoes, salad with Chinese cabbage

Snack: 75g Lemon cake 1, 3, 7

Thursday

Breakfast:

120g Millet pudding with blueberries and clarified butter 7

50g Banana

Lunch: 200ml Thick vegetable broth with semolina dumplings and parsley 1, 3, 9

200g (90g/110g) Chicken pieces with tarragon sauce 7, steamed dumpling 1, 3

Snack: 100g Graham bread 1, cottage cheese spread with chives 7, vegetables

Friday

Breakfast:

75g Sourdough bread 1, egg spread with herbs and spring onion 3, 7, 10

50g Pear

Lunch: 200ml Thick cauliflower soup with roasted carrots and sunflower seeds

210g (110g/90g/10g) Spaghetti 1 with tuna and vegetables 4, cheese 7

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

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