



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

29.7.2024 – 2.8.2024 Classic WEEK 197

Monday

Breakfast:

120g Chocolate curd dessert with peanuts and sponge cake 1, 3, 5, 7
50g Apple

Lunch: 200ml Spinach soup with caraway seeds and croutons 1
225g (90g/110g/25g) Lentil stew 7 with mashed potatoes and egg 3

Snack: 75g Sourdough bread 1, tuna spread with chives 4, 7, 10

Tuesday

Breakfast:

120g Rice porridge with coconut milk and bananas
50g Peach

Lunch: 200ml Sour potato soup with dill 7
225g (90g/110g/25g) Roasted veal pieces with cream sauce and vegetables 7, pasta 1, red cabbage salad

Snack: 75g Rustic bread 1, avocado spread with onion 7

Wednesday

Breakfast:

75g Toast in egg with cheese 1, 3, 7
50g Red pepper

Lunch: 200ml Pea soup with barley and parsley 1
225g (90g/110g/25g) Stewed chicken with Asian vegetables, basmati rice, mixed salad

Snack: 75g Gingerbread with jam and nuts 1, 3, 7, 8

Thursday

Breakfast:

120g Couscous pudding with apricots, almonds, and maple syrup 1, 7, 8
50g Banana

Lunch: 200ml Clear garlic soup with rice 7
225g (110g/90g/25g) Turkey meat with tomato sauce, boiled potatoes with parsley, salad

Snack: 75g Graham bread 1, corn spread 7

Friday

Breakfast:

75g Sourdough bread 1, curd spread with spring onion 7
50g Cucumber

Lunch: 200ml Pheasant broth with noodles, vegetables, and lovage 1
210g (110g/90g/10g) Spaghetti with veggie Bolognese sauce 1, cheese 7

Snack: 100g Fruit salad with yogurt and curd 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