



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

29.1.2024 – 2.2.2024 Classic WEEK 171

Monday:

Breakfast:

120g Vanilla yoghurt 7 with fruit and sponge cake 1, 3, 7

50g Apple

Lunch: 200ml Milk pea soup 7

225g (190g/10g/25g) Bean pilaf with vegetables, cheese 7, red cabbage salad, and horseradish

Snack: 75g Sourdough bread 1 with egg spread 3, 7

Tuesday

Breakfast:

120g Rice porridge with coconut milk and almonds 8

50g Banana

Lunch: 200ml Roasted vegetable soup with sunflower seeds 9

225g (90g/110g/25g) Chicken pieces with tarragon sauce 7, 10, herbed rice, carrot salad with apple

Snack: 75g Graham bread 1, guacamole spread with sprouts 7

Wednesday

Breakfast:

85g Sourdough bread 1, bell pepper butter 7, and sliced cheese 7

50g Cucumber

Lunch: 200ml Minestrone soup with pasta 1

225g (90g/110g/25g) Roasted turkey pieces with broccoli and cauliflower, sprouted potatoes, cabbage salad

Snack: 75g Carrot cake 1, 3, 7

Thursday

Breakfast:

20g Chocolate couscous porridge with fruit and nut butter 1, 7, 8

50g Pear

Lunch: 200ml Leek cream soup with croutons 1

225g (90g/110g/25g) Veal goulash with elbow pasta 1, cucumber salad

Snack: 75g Roll 1 with hummus made from roasted dried tomatoes and peppers 7, 11

Friday

Breakfast:

75g Christmas sweet bread 1, 3, 7 with strawberry foam 7

50g Orange

Lunch: 200ml Vegetable borscht

210g (185g/25g) Baked potatoes with tuna and vegetables 3, 4, 7, leafy salad with lemon vinaigrette

Snack: 75g Sourdough bread 1, spread of roasted parsley with pumpkin seeds 7

Made by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & 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