



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

27.5.2024 – 31.5.2024 Classic WEEK 188

Monday

Breakfast:

120g Fruit yogurt with nut granola 1, 7, 8

50g Apple

Lunch: 200ml Thick vegetable soup with grits 1, 9

225g (190g/10g/25g) Vegetable risotto with cheese and cabbage salad

Snack: 75g Fish spread 4, 7, 10, sourdough bread 1

Tuesday

Breakfast:

120g Apple-pear semolina porridge with cinnamon and nuts 1, 7, 8

50g Orange

Lunch: 200ml Cauliflower cream soup with carrots and potatoes

200g (90g/110g) Chicken paprikash with cream 7, pasta 1

Snack: 100g Graham bread 1, spread of roasted celery and apple 7, 9, tomatoes

Wednesday

Breakfast:

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

50g Cucumber

Lunch: 200ml Broccoli soup with garlic croutons 1, 7

225g (90g/110g/25g) Turkey goulash with tomatoes and pepper, boiled potatoes, leafy salad

Snack: 75g Lemon cake with curd cheese 1, 3, 7

Thursday

Breakfast:

120g Rice pudding with chocolate, banana, and peanuts 5, 7

50g Pear

Lunch: 200ml Chicken broth with noodles and vegetables 1, 9

225g (90g/110g/25g) Veal chili con carne, rice, cucumber salad with lime and herbs

Snack: 75g Rustic bread 1, spread of roasted carrot with sunflower seeds 7

Friday

Breakfast:

150g Creamy yogurt with curd cheese 7, fresh fruit

20g Biscuit 1, 3

Lunch: 200ml Corn soup with kohlrabi and dumplings 1

225g (100g/90g/10g/25g) Farfalle with zucchini-tomato ragout 1, cheese 7, vegetable salad

Snack: 75g Poppy seed and apple cake 1, 3, 7

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