



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

30.9.2024 – 4.10.2024 Classic WEEK 40/2024

Monday

Breakfast:

120g Vanilla yogurt with fruit and biscuit 1, 3

50g Apple

Lunch: 200ml Sour potato soup with dill 7

225g (190g/10g/25g) Bean pilaf with vegetables, cheese 7, cucumber salad

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

Tuesday

Breakfast:

120g Millet porridge with coconut milk, peaches, and almonds 8

50g Banana

Lunch: 200ml Roasted vegetable soup with sunflower seeds and basil 9

225g (90g/110g/25g) Chicken pieces with peas, basmati rice, carrot salad

Snack: 75g Graham pastry 1 with roasted dried tomato hummus 7, 11

Wednesday

Breakfast:

100g Sourdough bread 1, cheese omelet 3, 7

50g Bell pepper

Lunch: 200ml Minestrone soup with pasta 1, 9

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

Snack: 75g Lemon cake 1, 3, 7

Thursday

Breakfast:

120g Chocolate couscous pudding with fruit and nut butter 1, 7, 8

50g Pear

Lunch: 200ml Vegetable borscht 9

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

Snack: 75g Graham bread 1, cheese spread with parsley 7

Friday

Breakfast:

75g Sweet braided bread 1, 3, 7 with strawberry mousse 7

50g Orange

Lunch: 200ml Poultry broth with rice and vegetables 9

225g (80g/110g/10g/25g) Vegetable ragout with spaghetti 1, cheese 7, leaf salad

Snack: 75g Sourdough bread 1, fish spread with red pepper 4, 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