



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Herbal tea

5.5.2025 – 9.5.2025 Classic WEEK 19

Monday

Breakfast:

120g Yogurt with forest fruits, oat flakes, and nuts 1, 7, 8
50g Apple

Lunch: 200ml Vegetarian goulash soup with root vegetables and potatoes 9
225g (90g/110g/25g) Creamy vegetable sauce 7 with steamed broccoli and roasted potatoes, boiled egg 3

Snack: 75g Rustic bread 1, cheese spread with chives and parsley 7

Tuesday

Breakfast:

120g Rice porridge with chocolate and pear 7
50g Banana

Lunch: 200ml Sour lentil soup with potatoes 7
225g (90g/110g/25g) Chicken stewed with vegetables and penne 1, carrot salad with radish

Snack: 75g Sourdough bread 1, sweet potato spread 7

Wednesday

Breakfast:

75g Toast baked with cheese and egg 1, 3, 7
50g Cucumber

Lunch: 200ml Caraway soup with potatoes and peas
200g (90g/110g) Moravian-style turkey roast, boiled potatoes

Snack: 100g Upside-down apple and curd cake 1, 3, 7, fruit

Thursday

Holiday

Friday

Breakfast:

75g Sweet braided bread 1, 3 with strawberry mousse 7
50g Fruit mix

Lunch: 200ml Cauliflower cream soup with croutons 1
Spätzle with apricot and white chocolate sauce (1, 3, 7)

Snack: 75g Graham pastry 1, pea spread with mint 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