



## STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

12.5.2025 – 16.5.2025 Classic WEEK 20

### Monday

#### Breakfast:

120g Nut curd dessert with chocolate and oat flakes 1, 7, 8

50g Apple

**Lunch:** 200ml Vegetable broth with rice 9

200g (100g/100g) Veggie Szegedin goulash with chickpeas and carrot 7, steamed dumpling 1, 3

**Snack:** 75g Rustic bun 1, ham mousse with chives 7, 10, vegetables

### Tuesday

#### Breakfast:

120g Millet porridge with raspberries and almonds 7, 8

50g Kiwi

**Lunch:** 200ml Sour potato soup with dill 7

225g (90g/110g/25g) Vegetable ragout with veal, roasted potatoes, mixed salad

**Snack:** 75g Sourdough bread 1, carrot spread with curd and spring onion 7

### Wednesday

#### Breakfast:

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

50g Cucumber

**Lunch:** 200ml Broccoli cream soup with croutons 1, 7

225g (90g/110g/25g) Turkey stewed with peas, basmati rice, cabbage salad with corn

**Snack:** 75g Poppy seed cake with sour cherries 1, 3, 7

### Thursday

#### Breakfast:

120g Couscous pudding with apple, nuts, and cinnamon 1, 7, 8

50g Banana

**Lunch:** 200ml Pumpkin soup with roasted carrot and buckwheat

225g (90g/110g/25g) Chicken pieces in tomato sauce with vegetables, boiled potatoes 7, leafy salad with cranberries

**Snack:** 75g Graham pastry 1, celery spread with onion 7, 9

### Friday

#### Breakfast:

75g Sourdough bread 1, egg spread with dill 3, 7, 10

50g Pear

**Lunch:** 200ml Carrot soup with red lentils

Strawberry Dumplings with Curd Cheese and Butter (275 g) (1, 3, 7)

**Snack:** Savory yeast cake with tuna and cheese 1, 3, 4, 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