



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: fruit tea

22.9.2025 – 26.9.2025 Classic WEEK 39/2025

Monday

Breakfast:

120g Fruit curd dessert with sponge cake and almonds 1, 3, 7, 8

50g Apple

Lunch: 200ml Milanese soup with buckwheat 7

225g (90g/110g/25g) Lentil ragout with vegetables, mashed potatoes, boiled egg 3

Snack: 75g Graham pastry 1, poultry spread with chives 7, 10

Tuesday

Breakfast:

120g Oatmeal porridge with strawberries and rhubarb, flavored with cinnamon and chia seeds 1, 7

50g Grapes

Lunch: 200ml Bean soup with root vegetables 9

225g (190g/10g/25g) Bratislava-style risotto with veal 1, cheese 7, leaf salad with orange

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

Wednesday

Breakfast:

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

50g Tomato

Lunch: 200ml Thick minestrone soup with pasta 1, 9

225g (90g/110g/25g) Turkey goulash, mashed potatoes 7, cabbage-carrot salad

Snack: 75g Upside-down apple cake 1, 3, 7

Thursday

Breakfast:

120g Semolina porridge with banana, chocolate pieces, and roasted hazelnuts 1, 7, 8

50g Plum

Lunch: 200ml Broccoli cream soup with coconut milk and croutons 1

225g (90g/110g/25g) Asian-style chicken sauté 6, rice, mixed salad

Snack: 75g Graham pastry 1, Italian spread 7

Friday

Breakfast:

75 g sourdough bread (1), cottage cheese spread with red pepper (7)

50 g bell pepper

Lunch: 200 ml Veal broth with rice and vegetables (9)

210 g Rice pudding with peaches 3, 7

Snack: 75g Graham pastry 1, cheese spread 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