



## STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

30.6.2025 – 4.7.2025 Classic WEEK 27/2025

### Monday

#### Breakfast:

120g Creamy yogurt with cherries, chocolate, and nut granola 1, 7, 8  
50g Apple

**Lunch:** 200ml Creamy chickpea and cauliflower soup

225g (90g/110g/25g) Dill sauce 7, boiled potatoes, egg 3

**Snack:** 75g Graham pastry 1 with fish spread 4, 7, 10

### Tuesday

#### Breakfast:

120g Oat porridge with poppy seeds and plums 1, 7  
50g Red melon

**Lunch:** 200ml Creamy sour potato soup with herbs 7

225g (200g/25g) Risotto with minced veal 1, carrot and apple salad

**Snack:** 75g Sourdough bread 1 with tzatziki and avocado 7

### Wednesday

#### Breakfast:

100g Sourdough bread 1 with omelet, cheese and bell pepper 3, 7  
50g Cucumber

**Lunch:** 200ml Creamy kohlrabi soup with pearl pasta 1, 3

225g (90g/110g/25g) Turkey Stroganoff 7, 10 with basmati rice, cabbage salad

**Snack:** 75g Rhubarb and gooseberry cake 1, 3, 7

### Thursday

#### Breakfast:

120g Rice pudding with curd and forest fruits 7  
50g Banana

**Lunch:** 200ml Minestrone soup with buckwheat 9

225g (90g/110g/25g) Chicken breast with lečo, boiled potatoes, leafy salad

**Snack:** 75g Graham pastry 1 with roasted sweet potato spread 7

### Friday

#### Breakfast:

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

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

225g Poppy seeds dumplings with clarified butter 1, 3, 7

**Snack:** 75g Sourdough bread 1, celery spread with walnuts and apple 7, 8, 9

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