



# STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

14.4.2024 – 18.4.2024 Classic WEEK 16/2025

## Monday

### Breakfast:

120g Curd yoghurt with fruit and nut granola 1, 7, 8

50g Apple

**Lunch:** 200ml Pea cream soup with mint and quinoa

200g (100g/100g) Veggie Szegedin-style goulash with roasted vegetables, steamed dumpling 1, 3, 7, 9

**Snack:** 100g Rustic bun 1 with poultry mousse 7, 10, vegetables

## Tuesday

### Breakfast:

120g Corn porridge with dried fruit and almonds 7, 8

50g Pear

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

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

**Snack:** 75g Sourdough bread 1, avocado spread with roasted garlic 7

## Wednesday

### Breakfast:

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

50g Cucumber

**Lunch:** 200ml Sour bean soup with potatoes 7

225g (90g/110g/25g) Turkey Znojmo-style, tarhonya (egg barley) 1, corn salad with Chinese cabbage

**Snack:** 75g Curd strudel with apples 1, 3, 7

## Thursday

### Breakfast:

120g Rice pudding with coconut milk, banana, and maple syrup

50g Banana

**Lunch:** 200ml Beef broth with noodles and vegetables 1, 3, 9

225g (90g/110g/25g) Chicken sauté with pineapple and pepper, basmati rice, leafy salad

### Snack:

75g Graham pastry 1 with cheese spread with herbs and leek 7

## Friday

## Holiday

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