

Drink of the week: Fruit tea

13.5.2023 – 17.5.2023 Classic WEEK 186

Monday:

Breakfast:

120g Vanilla yoghurt 7 with fruit and corn flakes

50g Apple

Lunch: 200ml Creamy pea soup 7 with croutons 1

225g (185g/15g/25g) Vegetable pilaf with beans and cheese 7, salad

Snack: 75g Sourdough bread 1 with sun-dried tomato hummus 7, 11

Tuesday

Breakfast:

120g Wheat porridge with coconut milk and nuts 8

50g Orange

Lunch: 200ml Handful soup with root vegetables and marjoram

200g (90g/110g) Turkey "Segedin" 7 with steamed dumpling 1, 3

Snack: 100g Graham bread 1, pepper spread with cottage cheese 7, fresh vegetables

Wednesday

Breakfast:

90g Sourdough bread 1, butter with chives and roasted pepper 7, egg 3

50g Bell pepper

Lunch: 200ml Carrot cream soup with pasta 1

225g (90g/110g/25g) Veal with grilled vegetables, boiled potatoes, cucumber salad

Snack: 75g Sponge cake with forest fruits and coconut 1, 3

Thursday

Breakfast:

120g Oat pudding with fruit and nut butter 1, 7, 8

50g Pear

Lunch: 200ml Sour potato soup with dill 7

225g (90g/110g/25g) Chicken pieces with mustard sauce and pickled cucumber 10, herbed basmati rice, carrot salad with apple

Snack: 75g Graham pastry 1 with poultry and herb spread 7

Friday

Breakfast:

75g Sourdough bread 1, spread from roasted celery and apple 7, 9, 10

50g Cucumber

Lunch: 200ml Tomato soup with rice

210g (185g/25g) Grenadier with sweet potato and chickpeas 1, pickles

Snack: 75g Pasta salad with fresh vegetables, yogurt, and cheese 1, 7

Made 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