



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

21.10.2024 – 25.10.2024 Classic WEEK 43/2024

Monday

Breakfast:

120g Cocoa curd dessert 7 with coconut and sponge cake 1, 3

50g Pear

Lunch: 200ml Milanese soup with dill and buckwheat 7

225g (90g/110g/25g) Bean stew with fennel 7, mashed potatoes, boiled egg 3

Snack: 75g Sourdough bread 1, poultry spread with chives 7

Tuesday

Breakfast:

120g Oatmeal with chocolate, banana, and peanuts 1, 5, 7

50g Plums

Lunch: 200ml Garlic cream soup with rosemary 7 and pearls 1

200g (90g/110g) Turkey stew with roasted celery 7, 9 and elbow pasta 1

Snack: 100g Graham bread 1, white bean and sun-dried tomato spread 7, vegetables

Wednesday

Breakfast:

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

50g Bell pepper

Lunch: 200ml Mixed grain soup with barley 1, 9

225g (90g/110g/25g) Veal with carrots in a creamy sauce 7, jasmine rice, leaf salad with grapes

Snack: 75g Pumpkin gingerbread 1, 3, 7

Thursday

Breakfast:

120g Rice pudding with blueberries and curd 7

50g Apple

Lunch: 200ml Broccoli cream soup with potatoes 7

225g (90g/110g/25g) Chicken sauté with pineapple, herb couscous 1, mixed salad

Snack: 75g Graham pastry 1 with curd spread and dill 7

Friday

Breakfast:

75g Sourdough bread 1 with fish spread 4, 7, 10

50g Cucumber

Lunch: 200ml Vegetable soup with egg drops 1, 3, 9

225g (110g/90g/25g) Spaghetti 1, tomato sauce, salad

Snack: 75g Flatbread with sheep cheese and onions 1, 3, 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