



## STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Herbal tea

19.5.2025 – 23.5.2025 Classic WEEK 21

### Monday

#### Breakfast:

120g Apricot yogurt with nut granola and cinnamon 1, 7, 8

50g Apple

**Lunch:** 200ml Garlic soup with peas

225g (90g/110g/25g) Dill sauce 7 with vegetables 9, boiled potatoes, egg 3

**Snack:** 75g Graham pastry 1 with fish mousse and chives 4, 7, 10

### Tuesday

#### Breakfast:

120g Oat porridge with hazelnuts and cocoa 1, 7, 8

50g Banana

**Lunch:** 200ml Kohlrabi soup with zucchini, potato, and caraway

225g (90g/110g/25g) Mexican-style turkey goulash with peas, jasmine rice, herb salad

**Snack:** 75g Sourdough bread 1, beetroot spread with pumpkin seeds 7

### Wednesday

#### Breakfast:

75g Sourdough bread 1, egg spread with savory dried yeast 4, 7

50g Tomato

**Lunch:** 200ml Beef broth with egg drop noodles 1, 3, 9

225g (90g/110g/25g) Chicken breast with creamy sauce 7, mashed potatoes 7, cucumber salad with black radish

**Snack:** 75g Corn cake with raisins and fruit 1, 3, 7

### Thursday

#### Breakfast:

120g Semolina porridge with forest fruits and almonds 1, 7, 8

50g Fruit mix

**Lunch:** 200ml Thick Minestrone with pasta 1, 9

225g (190g/10g/25g) Veal risotto with rice and bulgur 1, cheese 7, celery salad 9

**Snack:** 75g Graham pastry 1, roasted pepper spread 7

### Friday

#### Breakfast:

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

50g Cucumber

**Lunch:** 200ml Fish broth with alphabet pasta 1, 4, 9

Curd Cheese Noodles with Butter and Fruit Sauce (225 g) (1, 3, 7)

**Snack:** Graham Bread Roll (75 g), Butter, Grated Cheese (1, 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