

Drink of the week: Fruit tea

22.4.2024 – 26.4.2024 Classic WEEK 183

## Monday

### Breakfast:

120g Apricot yogurt with corn flakes 7

50g Apple

**Lunch:** 200ml Garlic milky soup with chickpeas 7

225g (90g/110g/25g) Cauliflower-carrot curry, herbed rice, cabbage salad

**Snack:** 75g Sourdough bread 1, fish spread 4, 7

## Tuesday

### Breakfast:

120g Wheat porridge with hazelnuts and cocoa 7, 8

70g Banana

**Lunch:** 200ml Pea soup with zucchini, potato, and dill

225g (90g/110g/25g) Veal on sauerkraut, boiled potatoes, cucumber salad

**Snack:** 75g Graham pastry 1, carrot spread with Lučina 7

## Wednesday

### Breakfast:

75g Sourdough bread 1, cheese 7, herb butter 7

50g White radish

**Lunch:** 200ml Strong veal broth with croutons 1, 3, 9

225g (90g/110g/25g) Shredded turkey with vegetables, sweet potato-potato mash, celery salad 7, 9

**Snack:** 75g Fruit sponge cake 1, 3, 7

## Thursday

### Breakfast:

120g Semolina pudding with grated apple, cinnamon, and almond butter 1, 7, 8

50g Orange

**Lunch:** 200ml Thick chicken soup with baked dumplings 1, 3, 7

225g (90g/110g/25g) Spring chicken sauté, elbow pasta 1, mixed salad

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

## Friday

### Breakfast:

75g Sourdough bread 1, cottage cheese spread with chives and radish 7

50g Carrot

**Lunch:** 200ml Broccoli cream soup with croutons 1

210g (85g/100g/25g) Vegetable cream ragout with spinach dumplings 1, 3, green salad

**Snack:** 75g Cheese pizza 1, 3, 7

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