

Drink of the week: Herbal tea

26.2.2024 – 1.3.2024 Classic WEEK 175

Monday

Breakfast:

120g Vanilla yoghurt 7 with hazelnuts 8 and sponge cake 1, 3, 7
50g Apple

Lunch: 200ml Cauliflower soup with fresh herbs and sunflower seeds 7

220g (185g/10g/25g) Risotto with lentils and vegetables, cheese 7, red cabbage and beetroot salad

Snack: 75g Sourdough bread 1, cottage spread with dill 7

Tuesday

Breakfast:

120g Oatmeal with cinnamon, raspberries, and walnuts 1, 7, 8
50g Banana

Lunch: 200ml Potato soup with cumin 7

225g (90g/110g/25g) Mexican beef stew with peas, rice, Chinese cabbage salad

Snack: 75g Rustic bread 1, poultry spread with dried apricots 7

Wednesday

Breakfast:

75g Sourdough bread 1, mustard butter 7, 10, egg 3
50g Bell pepper

Lunch: 200ml Pea soup with vegetables

225g (90g/110g/25g) Chicken sauté with cream and broccoli 7, couscous 1, salad

Snack: 75g Marble cake with apples 1, 3, 7

Thursday

Breakfast:

20g Wheat pudding with almonds and blueberries 7, 8
50g Orange

Lunch: 200ml Carrot soup with red lentils

200g (90g/110g) Turkey with sour cabbage, boiled potatoes with butter 7

Snack: 100g Graham crackers 1, spread with herbs and walnuts 7, 8, cucumber

Friday

Breakfast:

75g Sourdough bread 1, cottage cheese spread with dried tomatoes 7
50g Vegetables

Lunch: 200ml Fish broth with croutons and vegetables 1, 3, 4

215g (90g/25g/100g) Dill sauce 7, vegetable omelet 3, 7, dumpling 1, 3

Snack: 100g Pancakes 1, 3, 7 with strawberry foam 7, fruit

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