



# STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Herbal tea

8.7.2023 – 12.7.2023 Classic WEEK 194

## Monday

### Breakfast:

120g Chocolate yogurt with cornflakes and forest fruits 7

50g Apple

**Lunch:** 200ml Corn soup with red lentils and chives

225g (90g/110g/25g) Pumpkin stew with dill 7 and potatoes, boiled egg 3

**Snack:** 75g Sourdough bread 1, pepper spread 7

## Tuesday

### Breakfast:

120g Millet porridge with bananas and coconut 7

50g Nectarine

**Lunch:** 200ml Celery cream soup with roasted apples and almonds 8, 9

200g (90g/110g) Sirloin in cream sauce with turkey meat 7, steamed dumpling 1, 3

**Snack:** 100g Rustic pastry 1, carrot spread with yoghurt and grated cheese 7, fresh vegetable

## Wednesday

### Breakfast:

90g Sourdough bread 1, herb butter 7, egg 3

50g Cucumber

**Lunch:** 200ml Goulash soup with root vegetables and sweet potato 9

225g (200g/25g) Serbian-style veal risotto, celery salad

**Snack:** 75g Carrot cake with cinnamon 1, 3, 7

## Thursday

### Breakfast:

120g Rice pudding with strawberries 7

50g Orange

**Lunch:** 200ml Vegetable broth with noodles 1, 3, 7

225g (90g/110g/25g) Chicken stewed with Mediterranean vegetables and potatoes, salad

**Snack:** 75g Rustic pastry 1, pea spread with spring onion 7

## Friday

### Breakfast:

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

50g Mixed vegetables

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

225g (110g/90g/25g) Farfalle 1, cheese sauce with peas and corn 7, leafy salad

**Snack:** 75g Poppy seed roll 1, 3, honey mousse 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