

Drink of the week: Fruit tea

29.4.2024 – 3.5.2024 Classic WEEK 184

## Monday

### Breakfast:

120g Yoghurt with white chocolate and nut granola 1, 7, 8  
50g Apple

**Lunch:** 200ml Cauliflower cream with rosemary-roasted carrots 7, croutons 1

225g (90g/110g/25g) Lentil ragout with vegetables, mashed potatoes, egg 3

**Snack:** 75g Sourdough bread 1, curd spread with wild garlic and radish 7

## Tuesday

### Breakfast:

120g Rice porridge with coconut milk, coconut, and banana  
50g Orange

**Lunch:** 200ml Sweet potato soup with chickpeas and basil

225g (90g/110g/25g) Chicken breasts with sun-dried tomatoes and zucchini, herbed rice, mixed salad

**Snack:** 75g Whole grain pastry 1, roasted vegetable spread with chives 7

## Wednesday– Holiday

## Thursday

### Breakfast:

120g Wheat pudding with apricots, nuts, and star anise 7  
50g Banana

**Lunch:** 200ml Vegetable broth with barley and vegetables 1

225g (90g/110g/25g) Baked marinated veal pieces with vegetables, mashed potatoes, cucumber salad

**Snack:** 75g Rustic pastry 1 with corn spread 7

## Friday

### Breakfast:

75g Sourdough bread 1, tuna spread with bell pepper 7  
50g Cucumber

**Lunch:** 200ml Vegetable cabbage soup with dried plums

210g (185g/25g) Pasta with poultry ham and broccoli 1, 7, leafy salad

**Snack:** 75g Zucchini cake with coconut 1, 3, 7

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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