



STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

27.10.2025 – 31.10.2025 Classic WEEK 44/2025

Monday

Breakfast:

120g Strawberry and rhubarb yogurt 7 with nuts 8 and baked oat flakes 1

50g Apple

Lunch: 200ml Tomato soup with cabbage and egg noodles 1, 3

225g (90g/110g/25g) Pumpkin stew with chickpeas, boiled potatoes, salad

Snack: 75g Graham pastry 1, fish spread with chives 4, 7, 10

Tuesday

Breakfast:

120g Semolina porridge with plums and poppy seeds 1, 7

50g Pear

Lunch: 200ml Cauliflower cream soup with buckwheat 7

225g (90g/110g/25g) Chilli con carne with veal, rice, salad

Snack: 75g Sourdough bread 1, cottage cheese with beetroot and horseradish 7

Wednesday

Breakfast:

100g Sourdough bread 1, egg omelette with bell pepper and cheese 3, 7

50g Cucumber

Lunch: 200ml Minestrone soup with potatoes 9

200g (100g/100g) Turkey "Segedín" stew 7, steamed dumpling 1, 3

Snack: 100g Chocolate cake 1, 3, 7, fruit

Thursday

Breakfast:

120g Couscous pudding with blueberries and nut crumble 1, 7, 8

50g Plum

Lunch: 200ml Vegetable broth with potatoes 9

225g (90g/110g/25g) Chicken "Živánska", mashed potatoes 7, salad

Snack: 75g Graham pastry 1, roasted onion spread 7

Friday

Breakfast:

75g Sourdough bread 1, carrot and roasted nut spread 7, 8

50g Carrot

Lunch: 200ml Pea soup with fennel and croutons 1

225g Scones with poppy seeds and clarified butter 1, 3, 7

Snack: 75g Graham pastry 1, butter 7

Made by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & 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