

Drink of the week: Herbal tea

12.2.2024 – 16.2.2024 Classic WEEK 173

### Monday

**Breakfast:**

120g Curd yoghurt 7 with raspberries and walnut granola 1,8  
50g Pear

Lunch: 200ml Garlic soup with croutons 1

225g (90g/110g/25g) Lentil stew 7 with potatoes and vegetable omelet 3, 7 Snack: 75g  
Sourdough bread 1 with spread made from roasted celery and apples 7, 9

### Tuesday

**Breakfast:**

120g Oatmeal with poppy seeds and plums 1, 7  
50g Orange

Lunch: 200ml Pumpkin soup with pumpkin seeds and oil

225g (90g/110g/25g) Veal with spinach and corn, potato-sweet potato mash, leafy salad

Snack: 75g Rustic bread 1, carrot spread with raisins and cottage cheese 7

### Wednesday

**Breakfast:**

75g Sourdough bread 1, cheese spread with herbs 7  
50g Bell pepper

Lunch: 200ml Milanese soup with buckwheat 7

225g (90g/110g/25g) Braised turkey with broccoli, rice, cucumber salad

Snack: 75g Lemon cake with cottage cheese 1, 3, 7

### Thursday

**Breakfast:**

120g Vanilla pudding with forest fruits and almonds 7, 8  
50g Banana

Lunch: 200ml Cabbage soup with potatoes

225g (90g/110g/25g) Chicken pieces with cheese sauce 7, baked potatoes, cabbage salad

Snack: 75g Graham crackers 1, pea spread with mint 7

### Friday

**Breakfast:**

75g Sourdough bread 1, egg spread with radishes 3, 7, 10  
50g Fruit

Lunch: 200ml Sheep cheese soup with chives 7

225g (120g/80g/25g) Pasta 1 with cheese sauce with peas and corn 7, carrot salad with  
sunflower seeds and chives

Snack: 75g Poppy seed-apple cake 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