

# WEEKLY MENU



Nursery

11.10-15.10.2021

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	3-grain porridge(LAC,GL) 150/200/250g, Butter(LAC) 10/15/20g Herb tea 150/200/250g, <b>Vitamin break:</b> Pear(PRIA) 40g	Casserole with minced meat, paprika and chickpeas 125/150/180g, <b>V: Casserole with paprika and chickpeas 125/150/180g</b> Boiled whole grain pasta(GL) 80/80/80g, Turnip salad with sunflower seeds 40/50/60g, Bread(GL) 30/40/50g, Flavored water with berries 150/200/250g	Multi-grain muesli with yogurt(GL,LAC) 150/200/250g, Berries 20/30/40g, <b>Vitamin break:</b> Carrot(PRIA) 40g	Energy:1162,00 kcal Carbohydrates: 177,00g Proteins:38,20g Fats:38,30g
<b>T U E S D A Y</b>	Boiled egg(E) 80/100g, Roasted brown bread (GL)30/40/50g, Milk(LAC) 150/200/250g <b>Vitamin break:</b> Tomato(PRIA) 40g	Peas risotto with chicken(GL) 180/200/220g <b>V: Form dish with cauliflower and thyme180/200/220g,</b> Tomato salad with red onion and pomegranate 40/50/60g, Bread(GL) 30/40/50g, Milk(PRIA)(LAC) 150/200/250g	Oven baked apples 80/100/120g, Yogurt sauce(LAC) 40/50/60g, Fruit tea 150/200//250g, <b>Vitamin break:</b> Pear (PRIA) 40g	Energy:1154,00 kcal Carbohydrates: 163,03g Proteins:39,90g Fats:37,30 g
<b>W E D N E S D A Y</b>	Whole grain oatmeal porridge(LAC,GL) 150/200/250g, Raw jam 20/30/30g Fruit tea 150/200g, <b>Vitamin break:</b> Apple(PRIA) 40g	Creamy salmon soup(LAC) 200/250/300g <b>V: Corn puree soup with potatoes and crispy croutons(GL) 200/250/300g</b> Curd with berry jelly(LAC) 125/150/200g, Cabbage salad with dill 40/50/60g Bread(GL) 30/40/50g, Flavored water with lemon150/200/250g	Brown bread with seeds(GL) 20/30/40g, Butter(LAC) 5/10/10g, Ham 5/10/15g, Milk(PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Cucumber(PRIA) 40g	Energy:1164,00 kcal Carbohydrates: 170,00 g Proteins:42,70 g Fats:42,80 g
<b>T H U R S D A Y</b>	Cornflakes with milk(PRIA)(LAC) 150/200/250g, Berries 20/30/40g, Kefir (PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Cabbage(PRIA) 40g	Pork stew with beans 60/70/90g <b>V: Mushroom orsotto(GL) 180/200/220g</b> Steamed whole grain rice(GL) 125/150/180g Tomato salad wiht sour cream(LAC) 40/50/60g, Bread(GL) 30/40/50g, Kefir(PRIA)(LAC) 150/200/250g	Vegetable selection 50/180/200g, Yogurt sauce with herbs(LAC)40/50/60, Bread(GL) 30/40/50g, Flavored water 150/200/250g <b>Vitamin break:</b> Apple(PRIA) 40g	Energy:1201,00 kcal Carbohydrates:1 77,00 g Proteins:43,90 g Fats:35,30 g
<b>F R I D A Y</b>	Buckwheat flake porridge(LAC,) 150/200/250g, Sour cream(LAC) 20/30/30g Milk(PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Carrot(PRIA) 40g	Vegetables with chicken and coconut milk 100/125/150g, <b>V: Chickpeas with coconut milk 100/125/150g,</b> Steamed potatoes 125/150/180g Chinese cabbage, cucumber, corn salad 40/50/60g, Black bread(GL) 30/40/50g, Milk(PRIA)(LAC) 150/200/250g	Kama drink with blueberries(PRIA)(LAC, GL) 150/200/250g, <b>Vitamin break:</b> Turnip(PRIA)40g	Energy:1156.60 kcal Carbohydrates: 173,01g Proteins:40,40 g Fats:39,20 g

\* Information about food ingredients and allergens you can ask the service provider.

LAC-Lactose / GL-Gluten / E-Egg products