

# WEEKLY MENU



School

17.01-21.01.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	4-grain porridge (GL,LAC) 200g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Turkey sauce (LAC) 170g <b>V: Lentils with vegetables 170g</b> Steamed zucchini and tomatoes 80g, Buckwheat 80g, Quinoa 80g Cucumber salad 40g, Iceberg lettuce with paprika 40g Vitamin salad 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Chicken pasta with ham 200g, Brown bread (GL) 30g, Fresh cabbage salad with cucumber 30g, Milk (PRIA)(LAC) 200g	Energy: 760,71 kcal Carbohydrates: 93,9g Proteins:29,57 g Fats: 26,14g
<b>T U E S D A Y</b>	Omelette with vegetable 100g (GL,LAC) 200g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Fish with vegetables 170g <b>Orsotto with mushrooms 170g</b> Rice 80g, Steamed broccoli and paprika 60g, Boiled bulgur 80g Carrot salad with beans 40g Vitamin salad 40g Chinese cabbage salad with tomatoes 40g, Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Carrot 50g	Potatoe with onion and ham 80g Milk (PRIA)(LAC)150g	Energy: 697,24 kcal Carbohydrates:94,54 Proteins: 24,58g Fats: 22,52g
<b>W E D N E S D A Y</b>	Rice porridge (LAC,GL) Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Sauerkraut soup with pork 370g <b>V: Sauerkraut soup 370g</b> Bread soup sour cream (LAC)150g, Cottage chees salad with cucumber and onion 40g Radish slices with herb 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Pear 50g	Potato salad with bacon (LAC) 80/100/120g Fresh cucumber 30g, Milk (PRIA)(LAC)150g	Energy: 757,90kcal Carbohydrates: 101,65g Proteins:25,20g Fats: 24,75g
<b>T H U R S D A Y</b>	Boiled egg(E) 100g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAC)120g Ham, salad, tomato 30g	Chicken with pineapple 120g <b>V: Chickbeas with vegetables 220g</b> Baked paprika, onion and carrot 80g Potatoes 80g Couscous 80g Cabbage salad with herbs 40g Carrot salad with corn 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Cabbage 50g	Pilaf with vegetable 80g Brown bread(GL)20g, Water with lemon 150g	Energy: 705,80kcal Carbohydrates: 96,75g Proteins: 25,90g Fats: 22,23g
<b>F R I D A Y</b>	8-grain Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL,LAC)120g Ham, salad, tomato 30g	Pasta with minced meat (GL) 220g <b>V: Whole grain pasta with tomatoes 320g</b> Boiled turnip, carrot, broccoli 80g Buckwhat 80g Beet salad 40g Fresh cabbage-dill salad 40g Turnip-pineapple salad with spinach 40g Yogurt sauce 20g 3 choices of bread and brown bread(GL)50g / Turnip 50g	Meat pie 120g, Milk(PRIA)(LAC) 200g	Energy: 907,40kcal Carbohydrates: 94,80g Proteins: 25,87g Fats: 29,70g

\* Information about food ingredients and allergens you can ask the service provider.  
LAC-Lactose / GL-Gluten / E-Egg products