

WEEKLY MENU



School

24.01-28.01.2022

| | Breakfast | Lunch | Afternoon snack | Nutritional values |
|--|--|---|--|--|
| M O N D A Y | Porridge (GL,LAC) 200g, Raw jam 30g Muesli 120g Eggs 80g Fresh salad 40g Orange 50g | Sweet and sour pork with onion and paprika 170g V: Sweet and sour cauliflower 170g Steamed red onion paprika, carrot 80g Boiled rice 80g Lentils 80g Cucumber salad 40g Vitamin salad 40g Green salad with pumpkin seeds 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g | Lentils with chicken 200g, Brown bread (GL) 30g, Fresh cabbage and pea salad 30g, Cream sauce 40g, Milk (PRIA)(LAC) 200g | Energy: 740,71 kcal Carbohydrates: 96,9g Proteins:25,57 g Fats: 24,14g |
| T U E S D A Y | Rye flake porridge (GL,LAC) 200g Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g Orange 50g | Meatloaf 170g V: Boiled quinoa with vegetables 170g Baked potatoes 80g Buckwheat 80g Steamed broccoli and turnip 60g Green salad with corn and seeds 40g Radish slices with herbs 40g Vitamin salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g | Pasta 80g, Cheese (LAC) Brown bread(GL)20g, Yoghurt drink(LAC) 180g | Energy:687,80 kcal Carbohydrates: 96,72g Proteins: 24,58g Fats: 23,52g |
| W E D N E S D A Y | Barley porridge (LAC,GL) Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g | Chicken soup with noodles 370g V: Vegetable soup 370g Curd with berry kissel (LAC) 90g Fresh pea-broccoli salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL) | Bread(GL) 50g Butter (LAC) 15g, Cheese (LAC) 20g, Fresh cucumber 30g, Kefir(LAC)200g | Energy: 757,90kcal Carbohydrates: 101,65g Proteins:25,20g Fats: 24,75g |
| T H U R S D A Y | Barley porridge (GL,LAC) 200g Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g | Breaded fish 120g V: Bulgur stew with vegetable 220g Baked paprika, carrot and turnips 80g Whole grain rice 80g Penne 80g Cabbage-radish salad 40g Carrot-turnip salad 40g Vitamin salad 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g | Chicken salad with rice 80g Carrot and pumpkinseed salad 30g, Brown bread(GL)20g, | Energy: 705,80kcal Carbohydrates: 96,75g Proteins: 25,90g Fats: 24,23g |
| F R I D A Y | 8-grain porridge(LAC,GL) 200g, Butter(LAC) 15g, Plate pie with mushrooms, vegetables 200g | Chicken drumsticks 170g V: Sweet and sour vegetables 170g Boiled turnip, carrot, broccoli 80g Bulgur 80g Boiled potatoes 80g Carrot-pineapple salad 40g Fresh cabbage-dill salad 40g Vitamin salad 40g Yoghurt sauce 20g 3 choices of bread and brown bread(GL)50g | Cheese pie 150g, Milk(PRIA)(LAC) 200g, | Energy: 839,40kcal Carbohydrates: 94,80g Proteins: 25,87g Fats: 28,70g |

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

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