

WEEKLY MENU



Nursery

28.02-4.03.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	Muesli(GL) 150/200/250g, Tea 150/200/250g 150/200/250g, Vitamin break: Pear(PRIA) 40g	Chicken with vegetables 100/125/150 V: Vegetable wok 100/125/150g Rice 125/150/180g Cabbage salad with mayonnaise 40/50/60g, Bread (GL) 30/40/50g, Juice 150/200/250g	Fruitmix 80/100/120g, Vitamin break: Carrot (PRIA) 40g	Energy: 1109,00kcal Carbohydrates: 129,00g Proteins: 41,20g Fats: 35,20g
T U E S D A Y	7-grain porridge (GL,LAC) 150/200/250g, Jam 20/30/40g Cocoa 150/200/250g Vitamin break: Carrot (PRIA) 40g	Bolognese sauce 60/70/80g, V: Chickpeas with vegetable 100/120/150g Spaghetti 125/150/180g, Chinese cabbage salad with dill 40/50/60g, Bread (GL) 30/40/50g, Kefir (PRIA) 150/200/250g	Cheese 80/100/120g, Butter 5/10/10g Bread (GL) 30/40/50g Vitamin break: Apple 40g	Energy: 1207kcal Carbohydrates: 158g Proteins: 44,70g Fats: 31,70g
W E D N E S D A Y	Omelette with vegetables (LAC,GL) 150/200/250g, Bread (GL) 30/40/50g Vitamin break: Apple (PRIA) 40g	Meatball soup 200/250/300g, V: Vegetable soup 200/250/300g Curd with kama (GL, LAC) 30/40/50g Bread (LAC)180/200/220g	Vegetable mix (LAC) 80/100/120g, Vitamin break: Melon 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
T H U R S D A Y	Rice porridge (GL,LAC) 150/200/250g Jam 20/30/40g (LAC) White bread (GL) 30/40/50g Vitamin break: Cucumber (PRIA) 40g	Salmon sauce 60/70/80g V: Vegetable sauce 60/70/80g Couscouse 125/150/180g, Iceberg lettuce salad with herbs 40/50/60g, Bread (GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g	Curd with berries 80/100/120g, Vitamin break: Pear 40g	Energy: 1312 kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
F R I D A Y	Semolina porridge (GL,LAC) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Orange 40g	Baked pork 180/200/220g V: Vegetable chilli 180/200/220g Fresh cabbage-dill salad 40/50/60g , Bread (GL) 30/40/50g, Juice 150/200/250g	Cream pie 80/100/120g, Kefir (PRIA)(LAC) 150/200/250g, Vitamin break: Banana 40g	Energy: 1489 kcal Carbohydrates: 157g Proteins: 49,20g Fats: 38,70g

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

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