

# WEEKLY MENU



28.02-4.03.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	7-grain porridge (GL,LAC) 200g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Chicken with vegetables 170g <b>V: Vegetable wok 170g</b> Baked turnip, carrot and paprika 80g, Rice 80g, Bulgur 80g Carrot salad with rosins 40g, Chinese cabbage salad with tomato 40g Vitamin salad 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Fruitmix with curd (GL,LAC) 80g Milk (PRIA)(LAC) 200g	Energy: 821,71 kcal Carbohydrates: 93,9g Proteins:29,57 g Fats: 26,14g
<b>T U E S 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	Bolognese sauce 170g <b>Chickpeas with vegetable 170g</b> Steamed paprika and broccoli 60g, Spaghetti 80g Quinoa 80g Pickled salad 40g Vitamin salad 40g Chinese cabbage salad with dill 40g, Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Carrot 50g	Omelette with vegetables 80g Milk (PRIA)(LAC)150g	Energy: 684,24 kcal Carbohydrates:94,54 Proteins: 24,58g Fats: 19,52g
<b>W E D N E S D A Y</b>	Omelette with ham 100g (LAC,GL) Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Meatball soup 370g <b>V: Vegetable soup 370g</b> <b>Curd with kama 150g</b> Radish slices with herb 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Pear 50g	Bread with ham and butter (LAC) 80/100/g, Milk (PRIA)(LAC)150g	Energy: 729,90kcal Carbohydrates: 100,83g Proteins:22,4g Fats: 23,12g
<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	Salmon sauce 120g <b>V: Vegetable sauce 220g</b> Baked paprika, onion and carrot 80g Rice 80g Couscouse 80g Chinese cabbage salad with paprika 40g Carrot salad with mayonnaise 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Cabbage 50g	Buckwheat with ham 80g Brown bread(GL)20g,	Energy: 701,47kcal Carbohydrates: 96,75g Proteins: 25,90g Fats: 22,23g
<b>F R I D A Y</b>	Rice porridge 100g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL,LAC)120g Ham, salad, tomato 30g	Baked pork 220g <b>V: Vegetable chilli 220g</b> Boiled cauliflower, carrot, broccoli 80g Potatoes 80g Rice 80g 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	Cream pie 120g, Milk(PRIA)(LAC) 200g	Energy: 922,40kcal Carbohydrates: 96,80g Proteins: 25,87g Fats: 31,70g

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

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