

WEEKLY MENU



Nursery

9.05-1.05.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	Muesli (GL,LAC) 150/200/250g, Yoghurt 150/200/250g, <b>Vitamin break:</b> Orange (PRIA) 40g	Beef goulash 100/125/150 <b>V Steamed cauliflower 180/200/220g</b> Steamed rice 125/150/180g, Cucumber salad 40/50/60g, Bread(GL) 30/40/50g,	Rice salad with macro 80/100/120g Bread(GL) 30/40/50g <b>Vitamin break:</b> Pear(PRIA) 40g	Energy: 1002,00kcal Carbohydrates: 138,00g Proteins: 39,20g Fats: 35,20g
<b>T U E S D A Y</b>	Rye flake porridge (GL,LAC) 150/200/250g, Milk( PRIA)(LAC) 150/200/250g <b>Vitamin break:</b> Cabbage (PRIA) 40g	Pasta with minced meat (LAC) 60/70/80g, <b>V: Boiled quinoa with vegetables 100/120/150g</b> Steamed potatoes 125/150/180g, Radish slices with herbs 40/50/60g Whole grain bread (GL) 30/40/50g, Milk(PRIA) 150/200/250g	Pancakes <b>80/100/120g</b> Jam 40/50/60g 80/100/120g, <b>Vitamin break:</b> Banana(PRIA) 40g	Energy: 1186kcal Carbohydrates: 161g Proteins: 46,70g Fats: 30,70g
<b>W E D N E S D A Y</b>	Barley porridge (LAC,GL) 150/200/250g, Raspberries 5/10/15g, Kefir(PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Turnip(PRIA) 40g	Chicken soup with noodles 200/250/300g, <b>V: Vegetable soup 200/250/300g</b> Curd with berry kissel (LAC) 50/80/80g Bread (GL) 30/40/50g	Smoothie with berrys (LAC) 80/100/120g, <b>Vitamin break:</b> Cucumber (PRIA) 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
<b>T H U R S D A Y</b>	Boiled egg(E) 80/100g, Brown bread (GL)30/40/50g, Milk(LAC) 150/200/250g <b>Vitamin break:</b> Radish (PRIA) 40g	Breaded fish (LAC) 60/70/80g <b>V: Bulgur stew 180/200/220g</b> Chinese cabbage-tomato salad 40/50/60g, Whole grain rice 125/150/180g Brown bread (GL) 30/40/50g	Bread 30/40/40g Ham 10/20/20g Butter 5/5/5g Fruit tea 150/200//250g, <b>Vitamin break:</b> Pear(PRIA) 40g	Energy: 1210kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
<b>F R I D A Y</b>	8-grain porridge(LAC,GL) 150/200/250g, Butter 20/30/30g(LAC) <b>Vitamin break:</b> Tomato (PRIA) 40g	Meat loaf (LAC) 60/70/80g <b>V: Sweet and sour vegetables 60/70/80g</b> Fresh cabbage-dill salad 40/50/60g , Black bread(GL) 30/40/50g, Kefir 150/200/250g	Cheese pie 80/100/120g, Milk(PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Kiwi(PRIA) 40g	Energy: 11532kcal 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