

WEEKLY MENU



School

9.0-13.05.2022

	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	Beef goulash 170g V Sweet and sour cauliflower 170g Steamed red onion paprika, carrot 80g Boiled rice 80g, Buckwheat 80g Cucumber salad 40g, Vitamin salad 40g Green salat with pumpkin seeds 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g	Rice salad with macro 120g 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	Pasta with minced meat (LAC) 180g V: Boiled quinoa with vegetables 170g Bulgur 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	Pancakes 80g Brown bread(GL)20g, Yogurt drink(LAC) 180g ,	Energy:687,80 kcal Carbohydrates:96,72 g 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	Pork stroganov 120g V: Bulgur stew with vegetable 220g Baked paprika, carrot and turnips 80g Whole grain rice 80g Boiled potatoes 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, vegetable 200g	Vegetable stew with minced meat 170g (potatoes, carrot,turnip, cabbage) V: Vegetable stew 170g Boiled turnip, carrot, broccoli 80g Bulgur 80g Carrot-pineapple salad 40g Fresh cabbage-dill salad 40g Vitamin salad 40g Yogurt 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