

# WEEKLY MENU



School

30.05-3.06.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	Porridge (GL,LAC) 200g, Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g Orange 50g	Chicken sauce with pineapple 170g <b>V: Vegetable sauce 170g</b> Steamed red onion paprika, carrot 80g <b>Quinoa 80g,</b> Buckwheat 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	Rice salad with vegetables 120g Brown bread (GL) 30g, Milk (PRIA)(LAC) 200g	Energy: 740,71 kcal Carbohydrates: 96,9g Proteins:25,57 g Fats: 24,14g
<b>T U E S D A Y</b>	Rye flake porridge (GL,LAC) 200g Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g Orange 50g	Chilli con carne 170g <b>V: Chilli sin carne 170g</b> Rice 80g Cous-couse 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	Bread with ham 80g Yogurt drink(LAC) 180g Milk (PRIA)(LAC) 200g	Energy:687,80 kcal Carbohydrates:96,72 g Proteins: 24,58g Fats: 23,52g
<b>W E D N E S D A Y</b>	Barley porridge (LAC,GL) Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g	Chicken soup with rice 370g, <b>V:Vegetable soup 370g</b> Curd with jam (LAC) 90g, Fresh pea-broccoli salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)	Smoothie with berrys (LAC) 80/100/120g, White bread (GL) 30g	Energy: 757,90kcal Carbohydrates: 101,65g Proteins:25,20g Fats: 24,75g
<b>T H U R S D A Y</b>	Barley porridge (GL,LAC) 200g Raw jam 30g, Muesli 120g Eggs 80g Fresh salad 40g	Pilaff with turkey 220g <b>V: Bulgur stew with vegetable 220g</b> Baked paprika, carrot and turnips 80g Buckwheat 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	Bread(GL) 50g Butter (LAC) 15g, Cheese (LAC) 20g, Fresh cucumber 30g, Kefir(LAC)200g	Energy: 705,80kcal Carbohydrates: 96,75g Proteins: 25,90g Fats: 24,23g
<b>F R I D A Y</b>	8-grain porridge(LAC,GL) 200g, Butter(LAC) 15g, Plate pie with mushrooms, vegetable 200g	Pork with vegetables 170g <b>V: Sweet and sour vegetables 170g</b> Boiled turnip, carrot, broccoli 80g Bulgur 80g Potatoes 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	Rhubarb pie 80g, 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