

WEEKLY MENU



Nursery

20.06-21.06.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	Muesli (GL) 150/200/250g, Smoothie 150/200/250g, Vitamin break: Apple(PRIA) 40g	Fish with bread 100/125/150 V: Vegetables with coconut milk 100/125/150g Rice 125/150/180g Cabbage salad with dill 40/50/60g, Bread(GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g	Bread 30/30/30g, Ham 30/30/30g Butter 10/10/10g Vitamin break: Cabbage (PRIA) 40g	Energy: 1109,00kcal Carbohydrates: 129,00g Proteins: 41,20g Fats: 35,20g
T U E S D A Y	Boiled eggs (E) 150/200/250g, Bread 30/40/40g Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Cucumber 40g	Turkey with tomatoe sauce 150/200/250g V: Tomato pasta 150/200/250g Cabbage carrot salad 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

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

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