

WEEKLY MENU



School

20.06-21.06.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	4-grain porridge (GL,LAC) 200g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Chicken sauce 170g V: Vegetables with coconut milk 170g Steamed broccoli and paprika 80g, Quinoa 80g, Rice 80g Carrot salad with seeds 40g, Chinese cabbage salad with dill 40g Vitamin salad 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Bread with ham 80g Milk (PRIA)(LAC) 200g	Energy: 821,71 kcal Carbohydrates: 93,9g Proteins:29,57 g Fats: 26,14g
T U E S D A Y	7-grain porridge (GL,LAC) 200g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Turkey with tomatoe 170g V: Tomato pasta 170g Steamed carrot, paprika and turnip 60g, Rice 80g Bulgur 80g Cabbagde-carrot salad 40g Vitamin salad 40g Red beans 40g, Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Carrot 50g	Bread with cheese 80g Milk (PRIA)(LAC)150g	Energy: 684,24 kcal Carbohydrates:94,54 Proteins: 24,58g Fats: 19,52g

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

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