

WEEKLY MENU



Nursery

26.09-30.09.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	Muesli (GL,LAC) 150/200/250g, Yoghurt 150/200/250g, Vitamin break: Orange (PRIA) 40g	Sweet and sour pork with onion and paprika 100/125/150 V Steamed cauliflower 180/200/220g Steamed rice 125/150/180g, Cucumber salad 40/50/60g, Bread(GL) 30/40/50g,	Fresh fruits 80/100/120g, Yogurt sauce 40/50/60g Juice drink 150/200/250g, Vitamin break: Pear(PRIA) 40g	Energy: 1002,00kcal Carbohydrates: 138,00g Proteins: 39,20g Fats: 35,20g
T U E S D A Y	Rye flake porridge (GL,LAC) 150/200/250g, Milk(PRIA)(LAC) 150/200/250g Vitamin break: Cabbage (PRIA) 40g	Meat loaf (LAC) 60/70/80g, V: Boiled quinoa with vegetables 100/120/150g Steamed potatoes 125/150/180g, Radish slices with herbs 40/50/60g Whole grain bread (GL) 30/40/50g, Milk(PRIA) 150/200/250g	Mixed vegetables 80/100/120g Yogurt sauce 40/50/60g 80/100/120g, Vitamin break: Banana(PRIA) 40g	Energy: 1186kcal Carbohydrates: 161g Proteins: 46,70g Fats: 30,70g
W E D N E S D A Y	Barley porridge (LAC,GL) 150/200/250g, Raspberries 5/10/15g, Kefir(PRIA)(LAC) 150/200/250g, Vitamin break: Turnip(PRIA) 40g	Chicken soup with noodles 200/250/300g, V: Vegetable soup 200/250/300g Curd with berry kissel (LAC) 50/80/80g Bread (GL) 30/40/50g,	Smoothie with berrys (LAC) 80/100/120g, Vitamin break: Cucumber (PRIA) 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
T H U R S D A Y	Boiled egg(E) 80/100g, Brown bread (GL)30/40/50g, Milk(LAC) 150/200/250g Vitamin break: Radish (PRIA) 40g	Breaded fish (LAC) 60/70/80g V: Bulgur stew 180/200/220g 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, Vitamin break: Pear(PRIA) 40g	Energy: 1210kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
F R I D A Y	8-grain porridge(LAC,GL) 150/200/250g, Butter 20/30/30g(LAC) Vitamin break: Tomato (PRIA) 40g	Chicken drumsticks 60/70/80g V: Sweet and sour vegetables 60/70/80g 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, Vitamin break: 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