

WEEKLY MENU



Nursery

28.11-2.12.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	Cornflakes (GL) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Pear (PRIA) 40g	Chicken sauce with pineapple (LAC) 100/125/150g V: Chickpeas with vegetables and coconut milk 100/125/150g Rice 125/150/180g Carrot salad with chia seeds 40/50/60g, Bread (GL) 30/40/50g, Juice 150/200/250g	Smoothie with Berries (LAC) 80/100/120g, Cinnamon pie (E, GL) 80/100/120g Vitamin break: Cabbage (PRIA) 40g	Energy: 1109,00kcal Carbohydrates: 129,00g Proteins: 41,20g Fats: 35,20g
T U E S D A Y	8-grain porridge (GL,LAC) 150/200/250g, Jam 20/30/40g Bread (GL) 30/40/50g, Milk (PRIA) 150/200/250g Vitamin break: Cucumber (PRIA) 40g	VEGAN TUESDAY Pasta with tomatoe sauce (GL) 200/250/300g Chinese cabbage salad with cucumber 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
W E D N E S D A Y	Omelette with vegetable (LAC, E) 150/200/250g, Bread (GL) 30/40/50g Milk (PRIA) 150/200/250g Vitamin break: Carrot (PRIA) 40g	Borscht with pork 200/250/300g, V: Borscht without meat 200/250/300g Cocoa kissel 150/200/250g Jam 20/30/40g Bread (LAC)180/200/220g	Vegetable mix 80/100/120g, Ham 80/100/120g, Butter 5/10/10g Bread (GL) 30/40/50g Vitamin break: Melon 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
T H U R S D A Y	Rice porridge (GL,LAC) 150/200/250g Jam 20/30/40g White bread (GL) 30/40/50g Vitamin break: Cucumber (PRIA) 40g	Chicken nuggets (LAC) 100/125/150g V: Rice with vegetables 60/70/80g Baked potatoes 125/150/180g, Sour cream sauce 40/50/60g Carrot salad with corn 40/50/60g, Bread (GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g	Cornflakes (GL) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g Bread (GL) 30/40/50g Vitamin break: Banana 40g	Energy: 1312 kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
F R I D A Y	Pancakes 2pcs (LAC,E,GL) Jam 20/30/40g Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Paprika 40g	Chilli con carne 100/125/150g V: Chili sin carne with lentils 100/125/150g Rice 100/125/150g Beet salad 40/50/60g , Bread (GL) 30/40/50g, Juice 150/200/250g	Apple pie (GL,E) 80/100/120g, Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Apple 40g	Energy: 1489 kcal 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