

# WEEKLY MENU



School

28.11-2.12.2022

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	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 with pineapple (LAC) 170g <b>V: Chickpeas with vegetables and coconut milk 170g</b> Baked turnip, carrot and paprika 80g, Rice 80g Carrot salad with chia seeds 40g, Chinese cabbage salad with cucumber 40g Vitamin salad 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Smoothie with Berries (LAC) 80g Cinnamon pie (E, GL) 80g <b>Vitamin break:</b> Cabbage (PRIA) 40g	Energy: 760,71 kcal Carbohydrates: 93,9g Proteins:29,57 g Fats: 26,14g
<b>T U E S D A Y</b>	8-grain porridge (GL,LAC) 200g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	<b>VEGAN TUESDAY</b> Pasta with tomatoe sauce (GL) Pickled salad 40g Vitamin salad 40g Chinese cabbage salad with cucumber 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Pear 50g	Cheese 80/100/120g, Butter 5/10/10g Bread (GL) 30/40/50g <b>Vitamin break:</b> Apple 40g	Energy: 697,24 kcal Carbohydrates:94,54 Proteins: 24,58g Fats: 22,52g
<b>W E D N E S D A Y</b>	Omelette with vegetable 100g (LAC,E) Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAK)120g Ham, salad, tomato 30g	Borscht with pork 370g <b>V: Borscht without meat 370g</b> Cocoa kissel 150/200/250g Jam 20/30/40g Vitamin salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Pear 50g	Vegetable mix 80g Ham 80/100/120g, Butter 5/10/10g Bread (GL) 30/40/50g <b>Vitamin break:</b> Melon 40g	Energy: 757,90kcal Carbohydrates: 101,65g Proteins:25,20g Fats: 24,75g
<b>T H U R S D A Y</b>	Boiled egg (E) 100g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAC)120g Ham, salad, tomato 30g	Chicken nuggets (LAC) 120g <b>V: Rice with vegetables 220g</b> Baked paprika, onion and carrot 80g Baked potatoes 80g Sour cream sauce 40g Vitamin salad 40g Carrot salad with corn 40g Cabbage salad with cucumber 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Cabbage 50g	Cornflakes (GL) 150/200/250g, Milk (PRIA)(LAC) 150/200/250g Bread (GL) 30/40/50g <b>Vitamin break:</b> Banana 40g	Energy: 705,80kcal Carbohydrates: 96,75g Proteins: 25,90g Fats: 22,23g
<b>F R I D A Y</b>	Rice porridge 100g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL,LAC)120g Ham, salad, tomato 30g	Chilli con carne 220g <b>V: Chili sin carne 220g</b> Boiled turnip, carrot, broccoli 80g Rice 80g Fresh cabbage-dill salad 40g Turnip-pineapple salad with spinach 40g Yogurt sauce 20g 3 choices of bread and brown bread(GL)50g / Turnip 50g	Apple pie (GL,E) 120g, Milk(PRIA)(LAC) 200g	Energy: 907,40kcal Carbohydrates: 94,80g Proteins: 25,87g Fats: 29,70g

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

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