

WEEKLY MENU



Nursery 20.03–24.03.2023

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	<p>Cornflakes (GL, LAC) 150/200/250g, Milk (PRIA) (LAC) 150/200/250g Vitamin break: Orange 50g</p>	<p>Pork goulash (LAC, GL) 100/130/150g V: Creamy Vegan goulash (LAC, GL) 100/130/150g Boiled potatoes 100/130/180g Tomato salad 40/50/60g, Bread (GL) 30g Juice drink Küllus 150g</p>	<p>Wiener pie (GL,E) 80g Milk (PRIA)(LAC) 150/200/250g Vitamin break: Carrot (PRIA) 50g</p>	<p>Energy: 1368,18 kcal Carbohydrates: 194,30g Proteins: 43,37g Fats: 43,39g</p>
T U E S D A Y	<p>4-grain porridge (LAC, GL) 150/200/250g, Jam 10/15/20 Milk (PRIA)(LAC) 150/200/250g Vitamin break: Cucumber (PRIA) 50g</p>	<p style="text-align: center;">VEGAN TUESDAY</p> <p>Pasta (GL) 80/100/150g Cheese sauce (LAC, GL) 100/100/150g. Chinese cabbage salad 40/50/60g, Kefir (PRIA) (LAC) 150/250/250g Bread (GL) 30/40/50g</p>	<p>Berry smoothie (LAC) 150/180/200g White bread (GL) 30/40/50g Vitamin break: Apple (PRIA) 50g</p>	<p>Energy: 1369,17kcal Carbohydrates: 199,46g Proteins: 44,98g Fats: 46,60g</p>
W E D N E S D A Y	<p>Boiled eggs 2 pc. (E) Cottage cheese salad with tomato (LAC) 40/50/60g Bread (GL) 30/40/50g Milk (PRIA)(LAC) 150/200/250g Vitamin break: Cabbage (PRIA) 50g</p>	<p>Chicken soup with rice 180/200/220g, V: Vegetable soup with rice 180/200/220g Curd (LAC, GL) 150/180/200g Jam 10/15/20 Black bread (GL) 30/40/50g Milk(PRIA)(LAC) 150/200/250g</p>	<p>Bread (GL) 30/40/50g Buter (LAC) 5/10/10g Cheese (LAC) 10/10/10g Milk (PRIA)(LAC) 150/200/250g Vitamin break: Pear (PRIA) 50g</p>	<p>Energy: 1375,22kcal Carbohydrates: 199,4g Proteins: 43,40g Fats: 46,20g</p>
T H U R S D A Y	<p>Rice porridge (LAC, GL) 150/200/250g, Jam 10/15/20g Juice drink 150/200/250g Vitamin break: Cabbage (PRIA) 50g</p>	<p>Bolognese sauce 120/140/160g V: Tomato sauce with beans 120/140/160g Cabbage salad with mayonnaise 40/50/60g, Penne (GL) 100/130/180g Brown bread (GL) 30/40/50g, Milk (PRIA) (LAC) 125/150/180g</p>	<p>Muesli bar 50g Milk (PRIA)(LAC) 150/200/250g Orange 40g</p>	<p>Energy: 1384,11kcal Carbohydrates: 197,00g Proteins: 43,62g Fats: 46,40g</p>
F R I D A Y	<p>Pancakes 2pc. (LAC, GL) Raw jam 20/30/30g Milk (PRIA)(LAC) 150/200/250g Vitamin break: Banana 50g</p>	<p>Azuu with beef (LAC) 100/130/150g V: Falafels with white sauce (LAC) 100/130/150g Potatoes 100/130/180g Carrot salad with chia seeds 40g Bread (GL) 40/50/60g, Milk (PRIA) (LAC) 125/150/180g</p>	<p>Vanilla pie (GL, LAC) 80g, Milk (PRIA)(LAC) 150/200/250g Vitamin break: Apple (PRIA) 50g</p>	<p>Energy: 1380,00 kcal Carbohydrates: 199,00g Proteins: 40,20g Fats: 46,70g</p>

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

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