

WEEKLY MENU

School 20.03–24.03.2023

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	<p>7-grain porridge (LAC, GL) 200g Jam 15g</p> <p>Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g</p> <p>Muesli 70g Milk (PRIA)(LAC) 150g</p>	<p>Pork goulash (LAC, GL) 140g V: Creamy goulash with vegetables (LAC, GL) 140g Buckwheat 80g Roasted red onion, paprika, carrot 70g. Tomato salad 40g Pickle salad 40g Vitamin salad 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Orange 50g</p>	<p>Wiener pie (GL) 80g Milk (PRIA)(LAC) 150g</p> <p>Vitamin break: Carrot 50g</p>	<p>Energy: 1540,00 kcal Carbohydrates: 221,6 Proteins: 48,00 g Fats: 51,25g</p>
T U E S D A Y	<p>4-grain porridge (LAC, GL) 200g Butter (LAC) 15g</p> <p>Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g</p> <p>Muesli 70g Milk (PRIA)(LAC) 150g</p>	<p style="text-align: center;">VEGAN TUESDAY</p> <p>Creamy baked pasta and cheese (LAC, GL) 250g Green beans and cauliflower with coconut milk 70g Chinese cabbage salad with nuts 40g Turnip salad with pineapple 40g Vitamin salad 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Apple 50g</p>	<p>Strawberry smoothie (LAC) 150g</p> <p>Vitamin break: Cucumber (PRIA) 50g</p>	<p>Energy: 1151,00kcal Carbohydrates: 229,9 Proteins: 48,30g Fats: 51,90g</p>
W E D N E S D A Y	<p>4-grain porridge (LAC, GL) 200g Jam 15g</p> <p>Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g</p> <p>Muesli 70g Milk (PRIA)(LAC) 150g</p>	<p>Chicken soup with rice 250g, V: Vegetable soup with rice 250g Curd with jam (LAC, GL) 150g/10g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Cabbage 50g</p>	<p>Bread (GL) 40g Buter (LAC) 10g Cheese (LAC) 10g Milk (PRIA)(LAC) 150g</p> <p>Vitamin break: Pear (PRIA) 50g</p>	<p>Energy: 1547,29 kcal Carbohydrates: 214,3g Proteins: 48,80g Fats: 52,70g</p>
T H U R S D A Y	<p>Barley porridge (LAC, GL) 200g Jam 15g</p> <p>Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g</p> <p>Milk (PRIA)(LAC) 150g Muesli 70g</p>	<p>Bolognese sauce 140g V: Tomato sauce with beans 140g Penne 80g Baked eggplant, carrots, broccoli 80g Paprika and Chinese cabbage salad 40g Cabbage salad with mayonnaise (LAC) 40g Vitamin salad 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Orange 50g</p>	<p>Muesli bar (GL) 50g Apple (PRIA)</p> <p>Milk (PRIA)(LAC) 150g</p> <p>Vitamin break: Orange 50g</p>	<p>Energy: 1542,25kcal Carbohydrates: 229,20g Proteins: 48,11g Fats: 53,34g</p>
F R I D A Y	<p>4-grain porridge (LAC, GL) 200g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g</p> <p>Muesli 70g Milk (PRIA)(LAC) 150g</p>	<p>Azoo with beef (LAC) 140g V: Falafels with white sauce (LAC) 140g Potatoes 80g Stewed turkey beans, mushrooms, carrots Vitamin salad 40g Carrot salad with chia seeds 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Pear</p>	<p>Vanilla pie (GL, LAC) 80g Milk (PRIA)(LAC) 150g</p> <p>Vitamin break: Apple (PRIA) 50g</p>	<p>Energy: 1550,00 kcal Carbohydrates: 227,00g Proteins: 48,20g Fats: 52,70g</p>