

# WEEKLY MENU



School

29.05-02.06.2023

	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	Minced meat sauce (LAC) 170g <b>V: Chickpeas with coconut milk and vegetables 170g</b> Cauliflower and broccoli 80g, Buckwheat 80g Pickle salad 40g, Carrot salad with mayonnaise 40g Vitamin salad 40g, Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Cheese 20/20/20g Butter 5/10/10g Bread (GL) 30/40/50g <b>Vitamin break:</b> Apple 40g	Energy: 764,71 kcal Carbohydrates: 93,9g Proteins:29,57 g Fats: 26,14g
<b>T U E S D A Y</b>	7-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>  Pilaff with vegetables 220g Steamed carrot, broccoli, turnip 60g, Vitamin salad 40g Red cabbage salad 40g Beet salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Pear 50g	Fruit mix 80g  Milk (PRIA)(LAC) 200g	Energy: 714,24 kcal Carbohydrates:91,54 Proteins: 21,58g Fats: 22,52g
<b>W E D N E S D A Y</b>	4-grain porridge (GL,LAC) 200g Boiled egg (E) 100g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAC)120g Ham, salad, tomato 30g	Chicken soup 370g <b>V: Vegetable soup 370g</b> Curd with berry kissel (LAC)150g, Vitamin salad 40g Milk (PRIA)(LAC)150g 3 choices of bread and brown bread(GL)50g / Orange 50g	Bread with cucumber (PRIA) (LAC, GL) 80g  Milk (PRIA)(LAC)150g	Energy: 748,90kcal Carbohydrates: 97,65g Proteins:25,20g Fats: 27,75g
<b>T H U R S D A Y</b>	4-grain porridge (GL,LAC) 200g Boiled egg (E) 100g, Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL;LAC)120g Ham, salad, tomato 30g	Pasta with minced meat (GL) 220g <b>V: Pasta with vegetables (GL) 220g</b> Baked turnip, carrot and paprika 80g Carrot salad with corn 40g Cabbage salad with tomatoes 40g Vitamin salad 40g Milk (PRIA)(LAC)250g 3 choices of bread and brown bread(GL)50g / Apple 50g	Corny (banana) 80g Milk (PRIA)(LAC) 150g	Energy: 711,80 kcal Carbohydrates: 95,75g Proteins: 24,90g Fats: 21,23g
<b>F R I D A Y</b>	Rice porridge (GL,LAC) 200g Muesli (GL) 120g, Raw jam 30g, Warm sandwich with cheese (GL,LAC)120g Ham, salad, tomato 30g	Chicken with teriyaki marinade 220g <b>V: Orsoto with mushrooms 320g</b> Rice 80g Boiled cauliflower and paprika 80g Beet salad with mayonnaise 80g Vitamin salad 40g Cabbage salad with paprika 40g 3 choices of bread and brown bread(GL)50g / Pear 50g	Cream pie 120g, Milk(PRIA)(LAC) 200g	Energy: 914,40kcal Carbohydrates: 96,80g Proteins: 28,87g Fats: 27,70g

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

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