

# WEEKLY MENU



Nursery

29.05-2.06.2023

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	Muesli (GL, LAC) 80/100/120g, Milk( PRIA)(LAC) 150/200/250g <b>Vitamin break:</b> Apple 40g	Minced meat sauce (LAC) 100/125/150g <b>V: Chickpeas with coconut milk and vegetables</b> 100/125/150g Buckwheat 125/150/180g Carrot salad with mayonnaise 40/50/60g, Bread (GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g	Cheese 20/20/20g Butter 5/10/10g Bread (GL) 30/40/50g <b>Vitamin break:</b> Apple 40g	Energy: 1002,00kcal Carbohydrates: 138,00g Proteins: 39,20g Fats: 35,20g
<b>T U E S D A Y</b>	7-grain porridge (GL,LAC) 150/200/250g Milk( PRIA)(LAC) 150/200/250g Bread (GL) 30/40/50g <b>Vitamin break:</b> Cucumber (PRIA) 40g	VEGAN TUESDAY  Pilaff with vegetables (GL) 200/250/250g Cabbage salad with cucumber 40/50/60g, Bread (GL) 30/40/50g, Kefir (PRIA) 150/200/250g	Fruit mix 80/100/120g,  <b>Vitamin break:</b> Paprika (PRIA) 40g	Energy: 1186kcal Carbohydrates: 161g Proteins: 46,70g Fats: 30,70g
<b>W E D N E S D A Y</b>	Panncakes 2pc. Jam 10/15/15g Milk( PRIA)(LAC) 150/200/250g <b>Vitamin break:</b> Carrot (PRIA) 40g	Chicken soup 200/250/300g, <b>V: Vegetable soup 200/250/300g</b> Bread (GL) 30/40/50g Curd with berry kissel (LAC) 180/200/220g	Cucumber (PRIA) 20/20/20g, Butter 5/10/10g Bread (GL) 30/40/50g <b>Vitamin break:</b> Apple 40g	Energy: 1129kcal Carbohydrates: 144g Proteins: 50,10g Fats: 38,70g
<b>T H U R S D A Y</b>	8-grain porridge (GL,LAC) 150/200/250g Jam 10/15/15g Milk( PRIA)(LAC) 150/200/250g <b>Vitamin break:</b> Orange (PRIA) 40g	Pasta with minced meat (GL) 180/200/220g <b>V: Pasta with vegetables (GL)</b> Rice 180/200/220g Cabbage salad with tomatoes 40/50/60g, Bread (GL) 30/40/50g, Milk (PRIA)(LAC) 150/200/250g	Corny (banana) 80g Milk (PRIA)(LAC) 150g <b>Vitamin break:</b> Cucumber (PRIA) 40g	Energy: 1210kcal Carbohydrates: 164g Proteins: 52g Fats: 38,40g
<b>F R I D A Y</b>	Rice porridge 150/200/250g (GL,LAC) Jam 10/15/15g Milk (PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Cabbage 40g	Chicken with teriyaki marinade 180/200/220g <b>V: Vegetable stew 180/200/220g</b> Rice 125/150/180g Fresh cabbage salad with corn 40/50/60g , Bread (GL) 30/40/50g, Juice 150/200/250g	Cream pie (LAC,GL) 80g Milk (PRIA)(LAC) 150/200/250g, <b>Vitamin break:</b> Melon 40g	Energy: 11532kcal 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