

# WEEKLY MENU

## Dussmann

FOOD SERVICES

Nursery 18.09-22.09.2023

	Breakfast	Lunch	Afternoon snack	Nutritional values
<b>M O N D A Y</b>	Cornflakes (GL)200g Milk (PRIA) (LAC) 150/200/250g <b>Vitamin break:</b> Carrot (PRIA) 50g	Chicken with sweet and sour sauce 180g <b>V: Beans with sweet and sour sauce 180g</b> Rice 80g Tomato salad 60g Bread (GL) 30g Juice drink Küllus 150g	Pasta with cheese (LAC) 180g  Milk (PRIA) (LAC) 250g  <b>Vitamin break:</b> Orange 50g	Energy: 1393,65 kcal Carbohydrates: 194,19g Proteins: 43,50g Fats: 47,10g
<b>T U E S D A Y</b>	7-grain porridge (LAC, GL) 150/200/250g Milk (PRIA)(LAC) 150/200/250g <b>Vitamin break:</b> Cucumber (PRIA) 50g	VEGAN TUESDAY Chantrelle mushroom sauce (LAC) 180g Pasta 80g Chinese cabbage salad with nuts 60g Milk (PRIA) (LAC) 250g Bread (GL) 50g	Strawberry smoothie (LAC) 150g Muesli bar (GL) 50g  <b>Vitamin break:</b> Cucumber (PRIA) 50g	Energy: 1397,36kcal Carbohydrates: 199,36g Proteins: 48,80g Fats: 46,60g
<b>W E D N E S D A Y</b>	Boiled eggs 1pc. (E) Bread (GL) 20/30/40g Butter (LAC) 5/10/15g Milk (PRIA)(LAC) <b>Vitamin break:</b> Melon 50g	Minced meat (chicken) soup with rice 220g <b>V: Vegetable soup with rice 220g</b> Curd with kisell (LAC, GL) 200g Black bread (GL) 30/40/50g	Bread (GL) 40g Buter (LAC) 10g Cheese (LAC) 10g  Milk (PRIA)(LAC) 150g  <b>Vitamin break:</b> Pear (PRIA) 50g	Energy: 1371,22kcal Carbohydrates: 198,4g Proteins: 47,40g Fats: 48,20g
<b>T H U R S D A Y</b>	8-grain porridge (LAC, GL) 150/200/250g Butter (LAC) 10/15/20g Juice drink 150/200/250g <b>Vitamin break:</b> Cabbage (PRIA) 50g	Baked chicken 180g <b>V: Creame lentils wit curry 180g</b> Rice 80g Cabbage salad with paprika 60g Brown bread (GL) 30/40/50g Milk (PRIA) (LAC) 125/150/180g	Panncakes 80g Jam 10g  Milk (PRIA)(LAC) 150g  <b>Vitamin break:</b> Orange 50g	Energy: 1390,11kcal Carbohydrates: 199g Proteins: 45,62g Fats: 40,40g
<b>F R I D A Y</b>	Berry muesli 200g Yogurt (LAC) 70g <b>Vitamin break:</b> Carrot (PRIA) 50g	Chilli con carne 180g <b>V: Chilli sin carne</b> Buckwheat 80g Tomatoe salad with red onion and cucumber 60g Milk (PRIA) (LAC) 250g Bread (GL) 50g	Rhubarb pie (GL, LAC) 80g  Milk (PRIA)(LAC) 150g  <b>Vitamin break:</b> Kiwi 50g	Energy: 1385,65 kcal Carbohydrates: 194,19g Proteins: 43,50g Fats: 47,10g

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

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