

WEEKLY MENU

Dussmann

FOOD SERVICES

School **18.09-22.09.2023**

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	7-grain porridge (LAC, GL) 200g Jam 15g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g Muesli 70g Milk (PRIA)(LAC) 150g	Chicken with sweet and sour sauce 140g V: Beans with sweet and sour sauce 140g Rice 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	Pasta with cheese (LAC) Milk (PRIA)(LAC) 150g Vitamin break: Carrot 50g	Energy: 1540,00 kcal Carbohydrates: 221,6 Proteins: 48,00 g Fats: 51,25g
T U E S D A Y	4-grain porridge (LAC, GL) 200g Butter (LAC) 15g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g Muesli 70g Milk (PRIA)(LAC) 150g	VEGAN TUESDAY Carrot zucchini stew with chickpeas and coconut milk 250g Chantrelle mushroom sauce 70g Pasta 80g Roasted carrot and turnip 80g Chinese cabbage salad with nuts 40g Vitamin salad 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Apple 50g	Strawberry smoothie (LAC) 150g Muesli bar (GL) 50g Vitamin break: Cucumber (PRIA) 50g	Energy: 1151,00kcal Carbohydrates: 229,9 Proteins: 48,30g Fats: 51,90g
W E D N E S D A Y	4-grain porridge (LAC, GL) 200g Jam 15g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g Muesli 70g Milk (PRIA)(LAC) 150g	Chicken dumpling soup with rice 250g, V: Vegetable soup with rice 250g Curd with kisell (LAC, GL) 150g/10g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Cabbage 50g	Bread (GL) 40g Buter (LAC) 10g Cheese (LAC) 10g Milk (PRIA)(LAC) 150g Vitamin break: Pear (PRIA) 50g	Energy: 1547,29 kcal Carbohydrates: 214,3g Proteins: 48,80g Fats: 52,70g
T H U R S D A Y	Barley porridge (LAC, GL) 200g Jam 15g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g Milk (PRIA)(LAC) 150g Muesli 70g	Baked chicken 140g V: Creame lentils wit curry 140g Rice 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	Panncakes 80g Jam 10g Milk (PRIA)(LAC) 150g Vitamin break: Orange 50g	Energy: 1542,25kcal Carbohydrates: 229,20g Proteins: 48,11g Fats: 53,34g
F R I D A Y	4-grain porridge (LAC, GL) 200g Warm sandwich with cheese 40g (GL, LAC) Boiled eggs (E) 30g Muesli 70g Milk (PRIA)(LAC) 150g	Chilli con carne 140g V: Chilli sin carne 140g Buckwheat 80g Stewed turkey beans, mushrooms, carrots Vitamin salad 40g Tomatoe salad with red onion and cucumber 40g Milk (PRIA)(LAC) 150g 3 choices of bread and brown bread (GL) Pear	Rhubarb pie (GL, LAC) 80g Milk (PRIA)(LAC) 150g Vitamin break: Kiwi 50g	Energy: 1550,00 kcal Carbohydrates: 227,00g Proteins: 48,20g Fats: 52,70g

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