

WEEKLY MENU



Nursery

6.05-10.05.2024

| | Breakfast | Lunch | Afternoon snack | Nutritional values |
|--|---|--|--|---|
| M O N D A Y | Cornflakes (GL,LAC) 150/200/250g, Milk (PRIA) (LAC,GL) 150/200/250g Vitamin break: Carrot(PRIA) 40g | Indian curry sauce with chicken (GL) 125/150/180g, V: Indian curry sauce, without meat 125/150/180g Rice 80g/80/80g Tomato salad with onion and cucumber 40/50/60g, Bread(GL) 30/40/50g, Juice drink Küllus 150/200/250g | Fruit mix 80g Bread(GL) 30/40/50g Butter(LAC) 10/15/20g Cheese 20g Vitamin break: Cucumber 40g | Energy: 1183kcal Carbohydrates: 144g Proteins: 44,50g Fats: 50,10g |
| T U E S D A Y | 4-grain porridge (LAC,GL) 150/200/250g, Milk(PRIA)(LAC) 150/200/250g Vitamin break: Cabbage (PRIA) 40g | VEGAN TUESDAY Egg noodle-vegetable wok 125/150/180g, Chinese cabbage salad 40/50/60g, Kefir (PRIA)(LAC) 150/250/250g Bread(GL) 30/40/50g | Oat cookies 70g Yogurt drink (LAC) 120g Vitamin break: Apple(PRIA) 40g | Energy: 1200kcal Carbohydrates: 164g Proteins: 46,80g Fats: 42,60g |
| W E D N E S D A Y | Eggs (E) 80g Ham 30g Bread (GL) 30/40/50g, Butter(LAC) 10/15/20g, Vitamin break: (PRIA) 40g | Vegetable soup with pork 180/200/220g V: Vegetable soup 180/200/220g Curd 150/180/200g Jam 10/20/20g Black bread(GL) 30/40/50g | Smoothie with berrys (LAC) 30/40/50g Bread 40g Vitamin break: Cucumber (PRIA) 40g | Energy: 1121kcal Carbohydrates: 158g Proteins: 47,40g Fats: 38,20g |
| T H U R S D A Y | Barley porridge (LAC,GL) 150/200/250g, Butter(LAC) 10/15/20g, Juice drink 150/200/250g Vitamin break: Pear(PRIA) 40g | Meatballs with sauce 120/150g V: Chickpeas with coconut milk 120/180g Potatoes 120/150g Chinese cabbage-tomato salad 40/50/60g Brown bread (GL) 30/40/50g, Milk (PRIA) (LAC,GL) 125/150/180g | Curd with berries (LAC) 150/180/200g, Bread (GL) 30/40/50g Vitamin break: Cucumber (PRIA) 40g | Energy: 1100kcal Carbohydrates: 164g Proteins: 35,62g Fats: 35,40g |
| F R I D A Y | Pancakes 2pc. (LAC,GL) Raw jam 20/30/30g Milk (PRIA)(LAC) 150/200/250g, Vitamin break: Cucumber (PRIA) 40g | Bolognese sauce 120/150g Soy meat with tomato sauce 120/150g Penne 120/180g Bread(GL) 40/50/60g, Milk (PRIA) (LAC) 125/150/180g | Cheese pie (LAC,GL,E) 80g Milk(PRIA)(LAC) 150/250/250g, Vitamin break: Apple 40g | Energy: 1152kcal Carbohydrates: 167g Proteins: 50,20g Fats: 38,70g |

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

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