

School

6.05-10.05.2024

	Breakfast	Lunch	Afternoon snack	Nutritional values
M O N D A Y	7-grain porridge (LAC,GL) 200g Egg porridge with Bacon and leek (E,LAC) 120g Muesli 70g Tomato-chinese cabbage salad 30g Carrot 50g	Indian curry sauce with chicken 170g V: Indian curry sauce, without meat Rice 80g Steamed red onion, paprika, carrot 80g Tomato salad with onion and cucumber 80g Pickled salad 40g Vitamin salad 40g 3 choices of bread and brown bread(GL) Milk (PRIA)(LAC) 250g Orange 50g	Bread 40g Cheese 30g Butter 10g Fruit mix 80g Milk(PRIA)(LAC) 150g	Energy: 691,00 kcal Carbohydrates:102,60g Proteins:22,00 g Fats: 22,23g
T U E S D A Y	4-grain porridge (LAC,GL) 200g Boiled eggs 30g Warm sandwich with cheese 40g Muesli 70g	VEGAN TUESDAY Egg noodle-vegetable wok (E)(GL) Steamed carrot and green beans 80g Chinese cabbage salad indian nuts(G) 40g Turnip-pineapple salad with spinach 40g Vitamin salad 40g Milk(PRIA)(LAC) 250g 3 choices of bread and brown bread(GL) Apple 50g	Oat cookies 60g Yogurt drink (LAC) Milk(PRIA)(LAC) 150g	Energy: 697,00kcal Carbohydrates:101,90g Proteins:25,30g Fats: 4,90g
W E D N E S D A Y	7-grain porridge (LAC,GL) 200g Omelette with vegetables 70g Warm sandwich with cheese 40g Muesli 70g	Vegetable soup with pork 320g V: Vegetable soup 320g Curd (LAC) (PRIA) 30g Jam 30g Vitamin salad 40g 3 choices of bread and brown bread(GL)	Smoothie with berries (LAC) 200g Bread 40g Vitamin break: Cucumber (PRIA) 40g Milk(PRIA)(LAC) 150g	Energy: 769kcal Carbohydrates: 134g Proteins: 30,80g Fats: 28,70g
T H U R S D A Y	8-grain porridge (LAC,GL) 200g Butter(LAC) 15g Wild berries 15g Boiled egg(E) 100g Warm sandwich with cheese 40g Muesli 70g	Meatballs with sauce 140g V: Chickpeas with coconut milk 140g Potatoes 80g Stewed turkey beans, mushrooms, carrots Red cabbage with mayonnaise(GL) 40g Vitamin salad 40g Cottage cheese-cucumber-tomato-radish salad(LAC) 40g Milk(PRIA)(LAC) 150g 3 choices of bread and brown bread(GL) Cabbage 50g	Curd with berries (LAC) 120g Bread 40g Vitamin break: Apple(PRIA) 40g Milk(PRIA)(LAC) 150g	Energy: 719,00kcal Carbohydrates: 100,20g Proteins: 23,10g Fats: 20,40g
F R I D A Y	Barley porridge (LAC,GL) 200g Tomato salad with dill Warm sandwich with cheese 40g Muesli 70g	Bolognese sauce 170g V: Soy meat with tomato sauce 170g Penne 80g Baked eggplant, carrot and paprika 80g Paprika and chinese cabbage salad 40g Carrot salad with seeds 40g Vitamin salad 40g 3 choices of bread and brown bread(GL) Pear 50g	Cheese pie 1pc. (LAC,GL,E) 80g Vitamin break: Melon Milk(PRIA)(LAC) 150g	Energy: 1120kcal Carbohydrates: 147g Proteins: 40,20g Fats: 32,70g