



MENU



29.4. - 3.5.2024

Member of
BENCIK
CULINARY
GROUP

Monday

SNACK: 150g Milk rice with cinnamon 7 / **LF / V**: Vegetable yogurt with peach 6 / **HIT**: Coconut yogurt with cinnamon

SOUP: 200ml Pumpkin creamy soup with vegetable cream

MEAL: 70g/100g Natural chicken breast, steamed rice with roasted carrots / **V**: Grilled tofu, steamed rice with roasted carrots 6

SNACK: 40g/20g/30g Roll with egg-carrot spread, cucumber 1,3,7 / **LF**: Roll with vegetable butter, egg and cucumber 1,3 / **HIT / V**: Gluten-free bread, vegetable butter, grated carrot and cucumber

Tuesday

SNACK: 40g/30g/20g Sourdough bread with pea spread with vegetable butter, carrot 1,3 / **HIT**: Rice bread, vegetable butter salad with paprika

SOUP: 200ml Vegetable cream with coconut milk 9

MEAL: 100g/100g Baked vegetable patties, boiled potatoes, leaf salad with olive oil 1,3 / **HIT / V**: Baked vegetable patties from buckwheat flour, boiled potatoes, leaf salad with olive oil

SNACK: 80g/200ml Spinach - cheese nest, fruit tea 1,3,7 / **LF**: Basil nest, fruit tea 1,3 / **HIT / V**: Corn pancakes, leaf salad with cucumber, radish and basil pesto

Wednesday

SNACK:

SOUP:

MEAL:

SNACK:

Thursday

SNACK: 130g/20g Cream cup with biscuits 1,3,7 / **LF**: Vegetable yogurt with biscuits 1,3,6
HIT / V: Coconaut yogurt, banana, honey

SOUP: 200ml Broccoli soup with carrots

MEAL: 200g Pasta salad with pieces of grilled salmon, cucumber, tomato, lettuce 1,3,4 / **HIT / V**: Corn pasta with grilled zucchini, peppers and carrots, olive oil

SNACK: 40g/20g/30g Roll with vegetable spread, kohlrabi 1 / **HIT**: Gluten-free bread with vegetable spread, kohlrabi

Friday

SNACK: 40g/20g/30g Potato bread with butter, slice of cheese, cucumber 1,7 / **Z / LF / V**: Roll with vegetable butter, slice of tofu, cucumber 1,6 / **HIT**: Rice bread, vegetable butter, slice of tofu, cucumber 6

SOUP: 200ml Beef broth with peas and rice / **V**: Vegetable cream

MEAL: 100g/100g/20g Baked turkey meatloaf, mashed potatoes, cucumber salad 1,3,12 / **HIT / Z**: Turkey risotto with zucchini, grated carrots with cucumber and olive oil 9 / **V**: Vegetable risotto, cucumber salad 9,12

SNACK: 80g/200ml Apple cake, fruit tea 1.3 / **HIT**: Fruit salad (grape, apple, banana)

Alergény:

1. obilniny obsahujúce lepek a výrobky z nich 2. kôrovce a výrobky z nich 3. vajcia a výrobky z nich 4. ryby a výrobky z nich 5. arašidy a výrobky z nich 6. sójové zrná a výrobky z nich 7. mlieko a výrobky z neho 8. orechy a výrobky z nich 9. zeler a výrobky z neho 10. horčica a výrobky z nej 11. sezamové semená a výrobky z nich 12. oxid siričitý a siričitany v koncentráciách vyšších ako 10 mg/kg alebo 10 mg/l 13. vľčí bôb a výrobky z neho 14. mäkkýše a výrobky z nich

Denne odporúčané hodnoty

výživový faktor	Deti - vek batoha/ predškolač	
	1-3	4-6
Bielkoviny g	25	35
Tuky g	48	63
Sacharidy g	167	236

