



MENU



16.12.– 20.12.2024

Member of
BENCİK
CULINARY
GROUP

Monday

SNACK: 50g/100ml Cornflakes with milk 1,7 / **HIT / LF / V** : Gluten-free cornflakes with coconut milk

SOUP: 200ml Minestrone with white beans 9

MEAL: 200g Cottage cheese noodles with salt 1,3,7 / **HIT / LF / V** : Corn pasta with basil pesto and roasted pepper

SNACK: 40g/20g/30g Roll with chickpea spread, paprika 1 / **HIT** : Gluten-free bread with vegetable butter, paprika and carrot 7

Tuesday

SNACK: 40g/20g/20g/200ml Christmas cake with butter, apricot jam, fruit tea 1,3,7 /

LF / V : Roll with vegetable butter, apricot jam, fruit tea 1 / **HIT** : Rice bread, vegetable butter, apple

SOUP: 200ml Zucchini cream 7 / **HIT / LF / V** : Zucchini cream with vegetable cream

MEAL: 200g/20g Risotto with ground beef and vegetables, leaf salad / **V** : Vegetable risotto , leaf salad

SNACK: 40g/20g/30g Sourdough bread with cheese spread, tomato 1,7 / **LF / V** : Sourdough bread with vegetable butter, tomato, salad 1,6 / **HIT** : Gluten-free bread, vegetable butter, cucumber, salad

Wednesday

SNACK: 40g/20g/30g Roll with carrot spread, cucumber 1 / **HIT** : Rice bread, carrot spread, cucumber

SOUP: 200ml French soup with meat, vegetables and pasta 1,3,9 / **HIT** : French soup with meat, vegetables and corn pasta 9 / **V** : Vegetable soup 9

MEAL: 200g/20g Baked broccoli with cauliflower and potatoes, pickled cucumber 1,3,7,12 / **HIT / LF / V** : Steamed broccoli with cauliflower, baked pumpkin, leaf salad with olive oil

SNACK: 100ml/20g Apple puree with banana

Thursday

SNACK: 40g/20g/30g Sourdough bread with beetroot spread, paprika 1 / **HIT** : Gluten-free bread with beetroot spread, paprika

SOUP: 200ml Legume soup with barley groats 1 / **HIT** : Couliflower with root vegetable 9

MEAL: 70g/100g Chicken breast with peas, steamed tarragon 1,3 / **HIT** : Chicken breast with carrot , steamed rice / **V** : Tofu with peas, steamed rice

SNACK: 100g Homemade cream pizza 1,3,7 / **HIT / LF / V** : Baked vegetable patties made from buckwheat flour

Friday

SNACK: 40g/30g/20g Roll with tuna spread, cucumber 1,4,7 / **LF** : Roll with vegetable butter and tuna, cucumber 1,4,6 / **HIT / V** : Rice bread, vegetable butter, leaf salad with cucumber and radish

SOUP: 200ml Kohlrabi with carrots 9

MEAL: 200g/20g Fussili with cream sauce and baby spinach, grated cheese 1,3,7 / **HIT / V** : Corn pasta with vegetable cream and broccoli

SNACK: 80g/200ml Banana cake, fruit tea 1,3 / **HIT / V** : Fruit salad

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. včelí bôb a výrobky z neho 14. mäkkýše a výrobky z nich

Denne odporúčané hodnoty

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

