



# MENU

20. - 24.1.2025



Member of  
**BENCIK**  
CULINARY  
GROUP

## Monday

**SNACK** : 100g/20g/5ml White yogurt with banana and honey 7 / **HIT / V / LF** : Coconut yogurt with banana and honey

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

**MEAL** : 70g/30g/100g Natural chicken breast, steamed vegetables, steamed rice / **V** : Zucchini paprikash with vegetable cream, basmati rice

**SNACK** : 40g/20g/30g Sourdough bread with herb butter, slice of cheese, cucumber 1,3,7 / **V / LF** : Sourdough bread with vegetable herb butter, slice of tofu, cucumber 1,3,6 / **HIT** : Gluten-free bread with vegetable herb butter, cucumber , radish

## Tuesday

**SNACK** : 40g/20g/30g Roll with butter, lettuce and tomato 1,7 / **V / LF** : Roll with vegetable butter, lettuce and paprika 1 / **HIT** : Rice bread, vegetable butter, lettuce, paprika 7

**SOUP** : 200ml Tomato soup with basil / **HIT** : Spring vegetable soup

**MEAL** : 200g/20g Dumplings with flavored sour cream, grated cheese 1,7 / **HIT / V / LF** : Corn pasta with vegan mascarpone and baked zucchini

**SNACK** : 40g/20g/20g Potato bread, roasted pumpkin spread, paprika / **HIT / V** : Gluten-free bread, roasted pumpkin spread, paprika

## Wednesday

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

**SOUP** : 200ml Vegetable soup

**MEAL** : 100ml/50g/80g Steamed spinach, boiled egg, boiled potatoes ( **Z** : Sourdough bread ) 1,3,7 /

**LF** : Steamed spinach, boiled egg, boiled potatoes 1,3 / **HIT / V** : Sautéed vegetable , steamed rice

**SNACK** : 100g Rice porridge with cinnamon 7 / **HIT / V / LF** : Rice porridge with coconut milk and cinnamon

## Thursday

**SNACK** : 40g/20g/30g Roll with pea spread, carrot strip 1,3,7 / **V / LF** : Roll with pea spread with vegetable butter, carrot strip / **HIT** : Rice bread, with pea spread with vegetable butter , carrot strip

**SOUP** : 200ml Chickpeas with root vegetables 9 / **HIT** : Vegetable broth

**MEAL** : 100g/100g Baked fish fillet with grilled vegetables, american potatoes 4 / **Z** : Baked fish fillet with grilled vegetables, american potatoes 4 / **V** : Grilled tofu with grilled vegetables , american potatoes

**SNACK** : 40g/20g/30g Sourdough bread, spread made of roasted zucchini , salad 1 /

**HIT** : Gluten-free bread, spread made of roasted zucchini , salad

## Friday

**SNACK** : 40g/30g/20g Graham roll with egg spread, kohlrabi 1,3,7 / **LF** : Graham roll with vegetable butter, boiled egg, kohlrabi 3 / **HIT / V** : Rice bread, vegetable butter, kohlrabi and cucumber 1

**SOUP** : 200ml Cauliflower with carrots

**MEAL** : 120g/80g Vegetable cream sauce with chicken breast, steamed dumpling 1,7 / **HIT / LF** : Vegetable cream sauce with chicken breast, boiled potatoes / **V** : Baked zucchini with vegetables, sweet potato puree

**SNACK** : 80g/200ml Sweet pumpkin-carrot 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 batoha/predškolač	
	1-3	4-6
Bielkoviny g	25	35
Tuky g	48	63
Sacharidy g	167	236

