



MENU



3.2. - 7.2.2025

Member of
BENCIK
CULINARY
GROUP

Monday

SNACK: 50g/100ml Muesli – blueberry and raspberry with milk 1,7 / **LF / V** :

Muesli - blueberry and raspberry with coconut milk 1 / **HIT** : Gluten-free cereal with coconut milk

SOUP: 200ml Pea cream soup B,V

MEAL: 100g/100g Zucchini-eggplant ragout on tomatoes, steamed rice / **HIT** : Vegetable risotto, leaf salad with olive oil 9

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 Potato bread with pea spread, carrot 1,3,7 / **LF / V** : Gluten-free bread with pea spread with vegetable butter, carrot 1 / **HIT** : Rice bread, pea spread with vegetable butter, carrot

SOUP: 200ml Vegetable soup with buckwheat 9 B,V

MEAL: 70g/100g Chicken paprikash with vegetable cream, homemade dumplings 1,3 / **HIT** : Chicken paprikash with vegetable cream, corn pasta / **V** : Corn pasta with grilled vegetables and olive oil

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

Wednesday

SNACK: 40g/20g/30g Roll with tofu spread, paprika 1,6 / **HIT** : Gluten-free bread with vegetable butter, paprika with kohlrabi

SOUP: 200ml Vegetable borscht 9 / **HIT** : Vegetable borscht without tomatoes 9

MEAL: 100g/100g Baked fish fillet, mashed potatoes with peas 4 / **Z** : Baked fish fillet, baked pumpkin with zucchini 4 / **HIT** : Baked chicken breast, mashed potatoes / **V** : Baked bean patties, mashed potatoes with peas 6

SNACK: 130g/20g Cream cup with biscuits 1,3,7 / **HIT / V** : **LF** : Coconut jogurt, banana, honey

Thursday

SNACK: 40g/20g/30g Sourdough bread, vegetable butter, lettuce and tomato 1 / **HIT** : Rice bread, vegetable butter, lettuce with carrots

SOUP: 200ml Chicken broth with vegetables and pasta 1,9 / **HIT** : Roasted cauliflower cream soup B,V

MEAL: 200g Potato dumplings with poppy seeds, melted butter 1,3,7 / **HIT / LF / V** : Corn pasta with poppy seeds, melted vegetable butter

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 / **LF** : Roll with vegetable butter, slice of tofu, cucumber 1,6 / **HIT** : Rice bread, vegetable butter, apple 6

SOUP: 200ml Carrot cream soup with coconut milk B,V

MEAL: 200g/20g Slovak rice risotto with turkey meat and vegetables, grated carrot with cucumber and olive oil 1.9 / **HIT** : Turkey risotto with vegetables. grated carrot with cucumber and olive oil 9 / **V** : Sautéed vegetables, steamed rice, grated carrot with cucumber and olive oil

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

Denne odporúčané hodnoty

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

