



MENU

5.5. - 9.5.2025



Member of
BENCIK
CULINARY
GROUP

Monday

SNACK: 50g/100ml Musli - blueberry and raspberry with milk 1,7 / **LF** :

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

SOUP: 200ml Pumpkin creamy soup

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

SNACK: 40g/20g/30g Roll with vegetable 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 / **HIT** : Rice bread, vegetable butter salad leaf salad with paprika

SOUP: 200ml Potato soup with roasted peppers and ground meat

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

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: 40g/20g/30g Roll with red lentil spread, paprika 1 / **HIT** : Gluten-free bread , vegetable butter , paprika and radish

SOUP: 200ml Vegetable soup 9

MEAL: 200g Penne with salmon in cream sauce with tomatoes and spinach 1,3,4 / **HIT / V** : Corn pasta with grilled zucchini, peppers and carrots, olive oil

SNACK: 130g/20g Cream cup with biscuits 1,3,7 / **LF** : Vegetable yogurt with biscuits 1,3,6

HIT / V : Coconut yogurt, banana, honey

Thursday

Public holiday – closed

Friday

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

SOUP: 200ml Tomato soup with zucchini and basil

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 Baked buns with jam, fruit tea 1.3 / **HIT** : Fruit salad (grape, apple, banana)

Alergény:

1. obilniny obsahujúce lepok 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 odporúčane hodnoty

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

