MENU

5.1. - 9.1.2026

Member of BENCIK CULINARY GROUP

Monday

Closed

Tuesday

Closed

Wednesday

SNACK: 50g/100ml Muesli with forest fruits with milk 1,7 / **HIT / LF :** Gluten-free cornflakes with coconut milk
SOUP: 200ml Broccoli cream with rice milk
MEAL: 70g/100g Chicken breast Serbian style, boiled potatoes **HIT :** Chicken breast with carrots, steamed rice
SNACK: 100g Homemade cream puffs 1,3,7 **HIT / LF :** : Baked vegetable meatballs made from buckwheat flour 9

Thursday

SNACK: 40g/20g/30g Sourdough bread with beetroot spread, peppers 1 / **HIT :** Gluten-free bread with beetroot spread, peppers 6
SOUP: 200ml 200ml Minestrone with celery 9
MEAL: 100g/100g Meatball pork-beef meat with cheese, mashed potatoes 3,7 **HIT / LF/ EGG :** Baked meatball, mashed potatoes with rice milk
SNACK: 100ml /20g Apple puree with banan

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:** Rice bread , vegetable butter , leaf salad with cucumber and radish 6
SOUP: 200ml Veal broth with root vegetables and rice 9
MEAL: 200g Paela with chicken - chicken risotto with tomatoes corn and olives / **HIT :** Chicken risotto with vegetables 9
SNACK: 80g/ 200g Gingerbread, fruit tea 1,3 / **HIT :** Fruit salad

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.** vlčí bôb a výrobky z neho **14.** mäkkýše a výrobky z nich

Denne odporúčane hodnoty

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