



MENU



2.3. - 6.3.2026

Member of
BENCİK
CULINARY
GROUP

Monday

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

SOUP: 200ml French soup with beef meat, vegetables and corn pasta 9

MEAL: 200g Spinach gnocchi with cheese sauce 1,3,7 **HIT / LF** : Corn pasta with broccoli sauce

SNACK: 40g/20g/30g Roll with chickpea spread, peppers 1 **HIT** : Gluten-free bread with vegetable butter, peppers and carrot 6

Tuesday

SNACK: 40g/20g/20g/200ml Christmas cake with butter, apricot jam, apple 1,3,7 / **LF** :

Roll with vegetable butter, apricot jam, apple 1 / **HIT** : Rice bread, vegetable butter, apple 6

SOUP: 200ml Kohlrabi soup with potatoes

MEAL: 70g/100g/30g Beef stewed in paprika, steamed rice , cabbage salad

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

Wednesday

SNACK: 40g/20g/30g Graham roll with carrot-zucchini spread, cucumber 1 / **HIT** : Rice bread, carrot spread, cucumber 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: 80 g/20 g Poppy seed roll, whipped butter with honey, fruit tea 1,3,7 **HIT / LF/ EGG** : Rice bread, coconut yogurt, apple

Thursday

SNACK: 40g/20g/30g Sourdough bread with beetroot spread, peppers 1 / **HIT** : Gluten-free bread with beetroot spread, peppers 6

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 Vegetable pizza nests 1,3,7 **HIT / LF/ EGG** : Baked vegetable patties made from rice flour 9

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 Chicken broth with root vegetables and rice 9

MEAL: 200g Paella with chicken - chicken risotto with tomatoes corn and olives **HIT** : Chicken risotto with vegetables 9

SNACK: 80g/ 200ml Gingerbread, fruit tea 1,3 **HIT** : 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. vľčí bôb a výrobky z neho 14. mäkkýše a výrobky z nich

Denne odporúčane hodnoty

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

