



MENU



13.4. – 17.4.2026

Member of
**BENCIK
CULINARY
GROUP**

Monday

SNACK: 100g/20g/5ml White yoghurt with banana and honey 7 / **HIT/LF** : Coconut yoghurt with banana and honey 6 **HIT** : Coconut yoghurt with banana and honey

SOUP: 200ml Vegetable with parsley 9

MEAL: 70g/100g Chicken sauté with zucchini and paprika, steamed rice

SNACK: 40g/20g/30g Sourdough bread with red lentil spread, spring onion and kokonut yoghurt , cucumber 1 **HIT** : Rice bread, vegetable butter, cucumber

Tuesday

SNACK: 40g/20g/30g Roll with tuna spread, peppers 1,4,7 / **LF** : Roll, vegetable butter, tuna, paprika 1,4 / **HIT** : Gluten-free bread, vegetable butter, apple

SOUP: 200ml Broccoli soup with parsley B,V

MEAL: 200g Sweet buns with vanilla cream 1,3,7 / **HIT / LF/EGG** : Corn pasta with poppy seeds, melted vegetable butter

SNACK: 40g/20g/20g Sourdough bread, cottage spread with fresh dill, cucumber 1 / **HIT** : Rice bread, baked pumpkin spread, cucumber

Wednesday

SNACK: 40g/20g/20g Potato bread with carrot spread, kohlrabi 1 / **Z** : Roll with carrot spread, kohlrabi 1 **HIT** : Gluten-free bread with carrot spread, kohlrabi

SOUP: 200ml Bean soup with pork meat and vegetables 9 **HIT/ PORK MEAT** : Vegetable soup

MEAL: 100g/60g/80g Pumpkin stew, boiled egg, boiled potatoes 3 / **Z** : Pumpkin stew, boiled egg, sourdough bread 1,3 / **HIT/ EGG** : Pumpkin stew, baked zucchini, boiled potatoes

SNACK: 80g/200ml Fruit cake with forest fruit , fruit tea 1,3 / **HIT / EGG** : 100g Fruit salad (banana, apple, grape)

Thursday

SNACK: 40g/20g/20g Sourdough bread with egg spread, carrot 1 / **HIT** : Gluten-free bread with beetroot spread, carrot

SOUP: 200ml Paprika cream

MEAL: 70g/100g/30g Turkey perkelt, steamed rice, leaf salad with carrots **HIT** : Turkey perkelt with corn pasta

SNACK: 60g/20g/100ml Croissant, butter, milk 1,3,7 / **HIT / LF/ EGG** : Corn pancakes, vegetable butter, torn salad with cucumber and radish

Friday

SNACK: 40g/20g/30g Graham roll with cheese-radish spread, pepper 1,7 / **HIT / LF** : Rice bread with zucchini spread, leaf salad, radish

SOUP: 200ml Chicken broth with noodles and vegetables 1,3,9 **HIT/ EGG** : Vegetable cream B,V

MEAL: 200g/20g Penne with ground beef, carrots and tomato sauce 1,3 / **HIT/ PORK MEAT** : Corn penne with basil pesto, grilled carrots and zucchini

SNACK: 130g/20g Oatmeal with apples, cinnamon and raisins 1,7 / **HIT / LF** : 100g Fruit salad (banana, apple, grape)

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

Denne odporúčane hodnoty

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

