



MENU



4.5. – 8.5.2026

Member of
BENCIK
CULINARY
GROUP

Monday

SNACK: 50g/100ml Cornflakes with milk 1,7 **HIT / LF** : Gluten free cornflakes with coconut milk

SOUP: 200ml Vegetable soup with buckwheat 9

MEAL: 200g/20g/20g Chicken breast with broccoli sauce, steamed rice

SNACK: 40g/20g/30g Sourdough bread with cottage cheese-carrot spread, cucumber 1,7 / **LF** : Sourdough bread with vegetable spread with carrot, cucumber 1 / **HIT** : Rice bread, vegetable butter, carrot with cucumber

Tuesday

SNACK: 40g/20g/30g Roll with cheese spread with chives 1,3,7 **LF** : Roll with vegetable butter, leaf salad, radish 1 **HIT** : Gluten-free bread with vegetable butter , leaf salad , radish

SOUP: 200ml Carrot cream with ginger and coconut milk

MEAL: 100g/80g Meatballs in tomato sauce, boiled potatoes 3 **HIT / EGG** : Banana pancakes

SNACK: 80g/20g Poppy seed strudel with milk 1,3,7 **HIT / LF** : Coconut yogurt, banana, gluten-free biscuits 3

Wednesday

SNACK: 40g/20g/20g Potato bread with carrot spread, kohlrabi 1 / **HIT / Z** : Rice bread with carrot spread, kohlrabi

SOUP: 200ml Kale with minced meat

MEAL: 100g/60g/80g Lentil stew, boiled egg, boiled potatoes 3 **HIT / EGG** : 100g/100g Potato stew with dill, roasted zucchini

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

Thursday

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

SOUP: 200ml Zucchini cream

MEAL: 70g/100g/30g Turkey perkelt, egg barley, leaf salad with carrots

SNACK: 100g/ 20g /30g Croissant, slice of cheese, cucumber 1,3,7 **HIT / LF / EGG** : Corn pancakes, tofu cheese, vegetable butter, cucumber

Friday 08.05.2026

Principal's OFF

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

Denne odporúčané hodnoty

| výživový faktor | Deti - vek | |
|-----------------|--------------------|-----|
| | batofa/ predškôlák | 1-3 |
| Bielkoviny g | 25 | 35 |
| Tuky g | 48 | 63 |
| Sacharidy g | 167 | 236 |

