



MENU

01.06. – 05.06.2026



Member of
BENCIK
CULINARY
GROUP

Monday

SNACK: 150g Milk rice with cinnamon 7 **LF:** Plant based yoghurt with cinnamon **HIT:** Coconut yoghurt with cinnamon

SOUP: 200ml Pumpkin soup **HIT:** Vegetables soup 9

MEAL: 100g/100/20g Pork and beef meatloaf, mashed potatoes, salad with radish 1,3 **HIT/ EGG:** Vegetables risotto , salad with olive oil 9

SNACK: 40g/20g/30g Roll with egg-carrot spread, cucumber 1,3,7 **LF/ EGG:** Roll with plantbased butter , egg cucumber 1,3 **HIT:** Glutenfree bread , plantbased butter , carrot and cucumber

Tuesday

SNACK: 40g/30g/20g Potato bread with French spread, carrots/ **HIT:** Rice bread, vegetable butter, carrots

SOUP: 200ml Kohlrabi soup

MEAL: 70g/100g Chicken paprikash with vegetable cream, homemade gnocchi 1,3 **HIT / EGG:** Chicken paprikash with vegetable cream, corn pasta

SNACK: 80g/200ml Basil nest, fruit tea 1.3/ **HIT/EGG:** Corn pancakes, leaf salad with cucumber, radish and basil pesto

Wednesday

SNACK: 40g/20g/30g Sourdough bread, vegetable butter, sliced cheese, leaf salad and tomato 1 / **HIT:** Rice bread, vegetable butter, vegan Gouda cheese, leaf salad with carrots

SOUP: 200ml Vegetable soup with buckwheat 9

MEAL: 200g Szeged goulash with pork, steamed dumpling 1,3,7,12/ **HIT/ LF:** Lacto free Szeged goulash

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

Thursday

SNACK: 80g Termix - strawberry 7 / **HIT:** Coconut yogurt, banana, honey

SOUP: 200ml Goulash with meat

MEAL: 200g Noodles with poppy seeds and cherries 1,7 / **HIT:** Corn noodles with poppy seeds and cherries

SNACK: 40g/20g/30g Potato bread, roasted pepper and carrot spread, cucumber 1 **HIT**
Gluten-free bread with vegetable spread, kohlrabi

Friday

SNACK: 80g/100ml Poppy seed strudel, milk 1,3,7 **HIT:** S Rice bread with roasted zucchini spread, leaf lettuce, radish

SOUP: 200ml Beef broth with letters and vegetables 1,3,9 **HIT/EGG:** Beef broth with rice 3

MEAL: 200g/20g Risotto from Slovak rice with turkey and vegetables, grated carrots with cucumber and olive oil 1,9 / **HIT:** Turkey risotto with vegetables, grated carrots with cucumber and olive oil 9

SNACK: 40/20g/30g Sourdough bread with chickpea hummus spread with roasted Hokkaido pumpkin, cucumber 1,3,7 / **HIT/LF/EGG:** Rice bread with vegetable butter, cucumber

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. včelí 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

