

Drink of the week: Herbal tea

20.1.2025 – 24.1.2025 Classic WEEK 4/2025

Monday

Breakfast:

120g Fruit curd dessert 7 with nut granola 1, 8

50g Apple

Lunch: 200ml Sour bean soup with dill and potatoes 7

210g (175g/10g/25g) Vegetable risotto with fresh herbs, cheese 7, cucumber salad

Snack: 75g Sourdough bread 1, paprika spread with Lučina 7

Tuesday

Breakfast:

120g Oatmeal porridge with chocolate and nuts 1, 7, 8

50g Orange

Lunch: 200ml Celery cream soup with apples and almonds 8, 9

200g (90g/110g) Turkey with horseradish sauce and carrots 7, 10, steamed dumpling 1, 3

Snack: 100g Graham bread 1, roasted carrot spread with yogurt and sunflower seeds 7, vegetables

Wednesday

Breakfast:

75g Sourdough bread 1, herb butter 7, egg 3

50g Cucumber

Lunch: 200ml Broccoli cream soup with croutons 1, 7

225g (90g/110g/25g) Veal stewed with peas, rice, leafy salad

Snack: 75g Italian lemon cake 1, 3, 7

Thursday

Breakfast:

120g Millet pudding with apple, nuts, and cinnamon 7, 8

50g Pear

Lunch: 200ml Vegetable broth with small pasta 1, 3, 9

225g (90g/110g/25g) Chicken "živánska" with vegetables, boiled potatoes, mixed salad

Snack: 75g Graham roll 1, spread with spring onion and sun-dried tomatoes 7

Friday

Breakfast:

75g Sourdough bread 1, poultry spread 7, 10

50g Bell pepper

Lunch: 200ml Pumpkin soup with kale and pumpkin seeds

210g (185g/25g) Granadír (pasta) with sweet potatoes and carrots 1, pickled cucumbers

Snack: 75g Poppy seed and sour cherry cake 1, 3

Mady by: Ivana Kachútová MSc, Eva Blaho Adv Dip Nut & amp;, Adv Dip WHM.,, zdravé bruško – Stanislav Šulc, Vladimír Kohút

ALLERGENS: 1-Cereals containing gluten, 2-Crustaceans, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soybeans,7-Milk, 8-

Nuts, 9-Celery, 10- Mustard, 11 - Sesame seeds, 12-Sulphur dioxide and sulphites, 13-Lupin, 14-Molluscs, P- Potato

NOTE: Menu changes reserved. No genetically modified food is used in the preparation of meals