

Drink of the week: Herbal tea

17.2.2025 – 21.2.2025 Classic WEEK 8/2025

Monday

Breakfast:

120g Cream yoghurt 7 with raspberries and nut granola 1, 8
50g Pear

Lunch: 200ml Spinach cream soup with caraway, potatoes, and rice milk
200g (100g/100g) Vegetarian Segedin goulash 7 with steamed dumpling 1, 3

Snack: 100g Sourdough bread 1, paprika spread with chives 7, vegetables

Tuesday

Breakfast:

120g Oat porridge with poppy seeds and plums 1, 7
50g Orange

Lunch: 200ml Pumpkin soup with pumpkin seeds and oil 7
225g (200g/25g) Risotto with veal, leafy salad with tomato and pomegranate

Snack: 75g Rustic bun1, cheese spread 7

Wednesday

Breakfast:

100g Sourdough bread 1, omelet with cheese 3, 7
50g Bell pepper

Lunch: 200ml Milanese soup with buckwheat 7
225g (90g/110g/25g) Braised turkey with broccoli, mashed potatoes, cabbage salad

Snack: 75g Upside-down apple cake with quark 1, 3, 7

Thursday

Breakfast:

120g Rice pudding with forest fruits and almonds 7, 8
50g Banana

Lunch: 200ml Kale soup with potatoes
225g (90g/110g/25g) Chicken with corn in cheese sauce 7, rice, mixed salad with cranberries

Snack: 75g Graham bread 1, avocado spread with sun-dried tomatoes 7

Friday

Breakfast:

75g Sourdough bread 1, fish spread with lemon juice 4, 7, 10
50g Fruit

Lunch: 200ml Vegetable broth with noodles and lovage 1, 3, 9
225g (90g/110g/25g) Mexican beans in tomato sauce, roasted potatoes, egg 3

Snack: 75g Chocolate cake with coconut 1, 3, 7

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