



# STARÁME SA NIELEN O ZDRAVÉ BRUŠKÁ VAŠICH DETÍ

Drink of the week: Fruit tea

14.10.2024 – 18.10.2024 Classic WEEK 42/2024

## Monday

### Breakfast:

120g Chocolate yogurt 7 with roasted almonds 8 and oats 1

50g Apple

**Lunch:** 200ml Creamy cauliflower soup with chickpeas and parsley 7

225g (200g/25g) Pumpkin risotto with roasted mushrooms, cucumber salad with pomegranate

**Snack:** 75g Sourdough bread 1, cottage cheese spread with carrot and sunflower seeds 7

## Tuesday

### Breakfast:

120g Rice porridge with hazelnuts and cocoa 7, 8

50g Pear

**Lunch:** 200ml Corn soup with zucchini and rice

200g (90g/110g) Veal Moravian sparrow with sauerkraut, boiled potatoes

**Snack:** 100g Graham bread 1, spread made of roasted celery and apple 7, 9, bell pepper

## Wednesday

### Breakfast:

75g Egg toast with cheese and chives 1, 3, 7

50g Cucumber

**Lunch:** 200ml Broccoli cream soup with peas and croutons 1

225g (90g/110g/25g) Turkey goulash with vegetables and spinach dumplings 1, 3, mixed salad

**Snack:** 75g Apple pie with cinnamon 1, 3, 7

## Thursday

### Breakfast:

120g Millet pudding with plums, star anise, and maple syrup 7

50g Orange

**Lunch:** 200ml Carrot soup with coconut milk, lime, and bulgur 1

225g (90g/110g/25g) Chicken sauté with vegetables, potatoes, cabbage salad with radish

**Snack:** 75g Graham bread 1, cheese spread with basil and tomatoes 7

## Friday

### Breakfast:

75g Sourdough bread 1, spread made from roasted fish 4, 7, 10

50g Carrot

**Lunch:** 200ml Veal broth with tiny noodles and lovage 1, 3, 9

225g (110g/90g/25g) Farfalle 1 with cheese and pea sauce 7, leaf salad

**Snack:** 75g Carrot cake with white chocolate 1, 3, 7

Made 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