



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
BREAKFAST	Assorted cereals or muesli with dried fruits and milk			Assorted cereals or muesli with dried fruits and milk			Assorted cereals or muesli with dried fruits and milk			Assorted cereals or muesli with dried fruits and milk			Assorted cereals or muesli with dried fruits and milk		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	210–230 kcal	6 g	6 g	210–230 kcal	6 g	6 g	210–230 kcal	6 g	6 g	210–230 kcal	6 g	6 g	210–230 kcal	6 g	6 g
	Carbohydrate: 35-38g			Carbohydrate: 35-38g			Carbohydrate: 35-38g			Carbohydrate: 35-38g			Carbohydrate: 35-38g		
MORNING SNACK	Orange and apples, cheesy baguette with cream cheese			Apples and carrots, brown rolls with tuna and sweetcorn mayonnaise			Pears and apples, sesame seed rolls with aubergine dip			Apples and peppers, fruit juice, bread rolls with egg mayonnaise			Carrots and cucumbers, fruit tea, and wholewheat baguette with hummus		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Gluten, Lactose			Gluten			Gluten			Gluten, Egg			Gluten		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	260-290 Kcal	7-8 g	13-15 g	270-290 Kcal	11-13 g	11-13 g	200-220 Kcal	4-5 g	5-6 g	290-310 Kcal	10-11 g	14-16 g	210-230 Kcal	6-7 g	9-10 g
	Carbohydrate: 28-32 g			Carbohydrate: 30-33 g			Carbohydrate: 40-45 g			Carbohydrate: 30-33 g			Carbohydrate: 26-28 g		
LUNCH	Chicken noodle soup, Sweet and sour chicken with jasmine rice			Gödöllő style dumpling soup, Lentil stew with mini meat patties			Borscht soup, Polish cutlet with mashed potatoes and cabbage salad			Cream of broccoli soup, Spaghetti bolognese and salad			Turkey ragout soup, Breaded cheese with steak potatoes and salad		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Celery, Soy, Gluten			Celery, Gluten			Celery, Eggs, Gluten			Celery, Lactose, Gluten			Celery, Eggs, Lactose, Gluten		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	405 Kcal	17-19 g	9-10 g	343 Kcal	20 g	16 g	340 Kcal	19 g	14 g	375 Kcal	15-16 g	16 g	420 Kcal	19-20 g	24 g
	Carbohydrate: 63 g			Carbohydrate: 29 g			Carbohydrate: 40 g			Carbohydrate: 42 g			Carbohydrate: 34 g		
SNACK	Rice pudding			Kifli with vanilla pudding dip			Pancakes with bananas and cocoa powder			Milk loaf with forest fruit jam			Wholemeal bread with honey and fresh fruit		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Lactose			Gluten, Lactose			Gluten, Lactose, Eggs			Gluten, Lactose			Gluten		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	165-195 Kcal	5-6 g	3-5 g	320-360 Kcal	6-7 g	12-15 g	230-260 Kcal	5-6 g	6-7 g	180-210 Kcal	4-5 g	2-3 g	210-240 Kcal	5-6 g	2 g
	Carbohydrate: 30-37 g			Carbohydrate: 45-50 g			Carbohydrate: 45-50 g			Carbohydrate: 35-40 g			Carbohydrate: 50-55 g		
AFTERNOON SNACK	AN ADDITIONAL SMALL SNACK IS OFFERED TO CHILDREN STAYING LATE IN THE AFTER SCHOOL CLUB														

PRESCHOOL MENU B