



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	CLOSED
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	
	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose	
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	
	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	
	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	
	349 Kcal	349 Kcal	349 Kcal	349 Kcal	
	15 g	15 g	15 g	15 g	
	6,35 g	6,35 g	6,35 g	6,35 g	
	<i>Carbohydrate: 133g</i>	<i>Carbohydrate: 133g</i>	<i>Carbohydrate: 133g</i>	<i>Carbohydrate: 133g</i>	
MORNING SNACK	Oranges and apples, baguette with cream cheese	Apples and pears and wholewheat roll with hummus	Carrots and apples with sesame seed roll and sliced cheese	Hungarian peppers and apples with bread roll and tuna mayonaise	
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	
	Gluten, Lactose	Gluten	Gluten, Lactose	Gluten, Fish, Egg	
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	
	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	
	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	
	539 Kcal	445 Kcal	557 Kcal	557 Kcal	
	49 g	28 g	7 g	7 g	
	14 g	20g	44 g	44 g	
	<i>Carbohydrate: 84g</i>	<i>Carbohydrate: 66 g</i>	<i>Carbohydrate: 75 g</i>	<i>Carbohydrate: 75 g</i>	
LUNCH	Green pea soup, fish fingers with french fries and sweetcorn	Vegetable broth, spaghetti bolognese with grated cheese	Tomato soup, chicken and vegetable risotto	Hearty potato and vegetable soup, turkey hot-dogs with veggies	
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	
	Lactose, Gluten	Celery, Gluten , Lactose	Gluten, Celery	Gluten, Celery	
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	
	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	
	<i>fat</i>	<i>fat</i>	<i>fat</i>	<i>Fat:</i>	
	457kcal	377 Kcal	292 Kcal	338kcal	
	12g	32 g	15 g	9g	
	12g	10 g	7 g	21g	
	<i>Carbohydrate: 77g</i>	<i>Carbohydrate: 67g</i>	<i>Carbohydrate: 85g</i>	<i>Carbohydrate: 87g</i>	
SNACK	Wholewheat bread with honey and fresh fruits	Milk kifli with seasonal fruits	Pancakes with bananas	Milk loaf with fruit jam and fresh fruit	
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	
	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose	
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	
	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	<i>Protein:</i>	
	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	<i>Fat:</i>	
	556 Kcal	391 Kcal	309 Kcal	556 Kcal	
	22 g	9 g	4 g	22 g	
	30 g	12 g	7 g	30 g	
	<i>Carbohydrate: 68 g</i>	<i>Carbohydrate: 48 g</i>	<i>Carbohydrate: 47 g</i>	<i>Carbohydrate: 68 g</i>	

MENU OPTIONAL CHILDCARE