The English Garden

	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 bean 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	260-280 Kcal	7-8 g	9-11 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: 35-38 g*			*Carbohydrate: 30-33 g*			*Carbohydrate: 26-28 g*		
LUNCH	Cream of cauliflower soup with croutons, Lasagne with iceberg lettuce			Goulash soup, chicken leg with couscous and pickled beetroot			Turkey ragout soup, Hungarian potato bake with egg and sausage			Broth soup, Chicken Paprika with gnocchi and pickled gherkins			Pea soup, English style shepherd`s pie stew with mashed potatoes		
	Allergen:			*Allergen:*			*Allergen:*			*Allergen:*			*Allergen:*		
	Celery, Lactose, Gluten			Celery, Gluten			Celery, Egg, Lactose			Celery, Gluten, Lactose			Celery		
	Energy:	*Protein:*	*Fat:*	*Energy:*	*Protein:*	*Fat:*	*Energy:*	*Protein:*	*Fat:*	*Energy:*	*Protein:*	*Fat:*	*Energy:*	*Protein:*	*Fat:*
	300-340 Kcal	10-12 g	15-18 g	280-310 Kcal	18-20 g	10-12 g	330-360 Kcal	13-15 g	18-20 g	320-350 Kcal	18-20 g	15-18 g	350-380 Kcal	15-18 g	14-16 g
	Carbohydrate: 28-32 g			*Carbohydrate: 25-28g*			*Carbohydrate: 28-30 g*			*Carbohydrate: 30-35 g*			*Carbohydrate: 35-40 g*		
SNACK	Semolina pudding			Kifli with chocolate pudding dip and seasonal fruit			Pancakes with cocoa and bananas			Milk loaf with strawberry jam and seasonal fruit			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:*
	150-180 Kcal	5-6 g	4-6 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: 25-30 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 A