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 | | | Carrots and cucumbers, fruit tea, and wholewheat baguette with hummus | | | Apples and peppers, fruit juice, bread rolls with egg mayonnaise | | | Special Indian snack to celebrate Diwali! | | |
| | *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 | 210-230 Kcal | 6-7 g | 9-10 g | 290-310 Kcal | 10-11 g | 14-16 g | 200-220 Kcal | 4-5 g | 5-6 g |
| | *Carbohydrate: 28-32 g* | | | *Carbohydrate: 30-33 g* | | | *Carbohydrate: 26-28 g* | | | *Carbohydrate: 30-33 g* | | | *Carbohydrate: 40-45 g* | | |
| **LUNCH** | Tomato soup, Breaded broccoli with bulgur and sweetcorn and tartare sauce | | | Bean soup, Meat balls with tomato sauce and boiled potatoes | | | Minestrone vegetable soup, Fish fingers with potato scallops and garden peas | | | Újházy style chicken broth soup, Mexican chili con carne with grated cheese and tortilla | | | Semolina dumpling soup , Chicken curry with jasmin rice | | |
| | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | |
| | Celery, Lactose, Gluten | | | Celery, Gluten | | | Celery, Eggs, Lactose, Gluten | | | Celery, Gluten | | | Celery, Eggs, Gluten, Lactose | | |
| | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* |
| | 430-490 Kcal | 10-11 g | 22 g | 415-430 Kcal | 19-22 g | 16-18 g | 360-380 Kcal | 18-20 g | 12-14 g | 530-560 Kcal | 25-28 g | 19-21 g | 460-500 Kcal | 25 g | 15-18 g |
| | *Carbohydrate: 55 g* | | | *Carbohydrate: 49-52 g* | | | *Carbohydrate: 44-50 g* | | | *Carbohydrate: 45-50 g* | | | *Carbohydrate: 55-60 g* | | |
| **SNACK** | Porridge with sprinkles | | | Kifli with strawberry pudding dip | | | Wholemeal bread with honey and fresh fruit | | | Milk loaf with apricot jam | | | Pancakes with bananas and cocoa powder | | |
| | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | | *Allergen:* | | |
| | Lactose | | | Gluten, Lactose | | | Gluten | | | Gluten, Lactose | | | Gluten, Lactose, Eggs | | |
| | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* | *Energy:* | *Protein:* | *Fat:* |
| | 349 Kcal | 15 g | 12 g | 320-360 Kcal | 6-7 g | 12-15 g | 210-240 Kcal | 5-6 g | 2 g | 180-210 Kcal | 4-5 g | 2-3 g | 230-260 Kcal | 5-6 g | 6-7 g |
| | *Carbohydrate: 48-49 g* | | | *Carbohydrate: 45-50 g* | | | *Carbohydrate: 50-55 g* | | | *Carbohydrate: 35-40 g* | | | *Carbohydrate: 45-50 g* | | |
| **AFTERNOON SNACK** | AN ADDITIONAL SMALL SNACK IS OFFERED TO CHILDREN STAYING LATE IN THE AFTER SCHOOL CLUB | | | | | | | | | | | | | | |

**PRESCHOOL MENU C**