



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>BREAKFAST</b>	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	Assorted cereals or muesli with plant based milk and dried fruits	
	<i>Allergen:</i>					
	Gluten, Lactose		Gluten, Lactose		Gluten, Lactose	
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	349 Kcal	15 g	6,35 g	349 Kcal	15 g	6,35 g
<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		
<b>MORNING SNACK</b>	Oranges and apples, cheesy baguette with cream cheese	Apples and pears and wholewheat roll with tuna and sweetcorn mayonaise	Carrots and apples with sesame seed roll and aubergine dip	Hungarian peppers and apples with bread roll and egg mayonaise	Apples and cucumbers, wholewheat baguette with Hummus, sports day ice-cream	
	<i>Allergen:</i>					
	Gluten, Lactose		Gluten, Fish, Lactose, Egg		Gluten, Lactose, egg	
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	539 Kcal	49 g	14 g	445 Kcal	28 g	20g
<i>Carbohydrate: 84g</i>		<i>Carbohydrate: 66 g</i>		<i>Carbohydrate: 75 g</i>		
<b>LUNCH</b>	Spring cauliflower soup, Spaghetti Bolognese and green salad	Hungarian cherry soup, breaded cheese with potato wedges, tomato salad	Goulash soup, cheesy rice balls with mixed salad	Chicken broth, Penne pasta tomato and vegetable sauce, grated cheese	Margaritha Pizza with green salad and fruit salad	
	<i>Allergen:</i>					
	Lactose, Gluten		Lactose, Gluten , Egg		Lactose, Gluten, Cellery, Egg	
	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>
	457kcal	12g	12g	377 Kcal	32 g	10 g
<i>Carbohydrate: 77g</i>		<i>Carbohydrate: 67g</i>		<i>Carbohydrate: 85g</i>		
<b>SNACK</b>	Wholewheat bread with honey and fresh fruits	Milk kifli with seasonal fruit salad	Pizza Pastry with veggies	Milk loaf with fruit jam and fresh fruit	Good Bye and end of year class parties	
	<i>Allergen:</i>					
	Gluten, Lactose		Gluten, Lactose		Gluten, Lactose, Egg	
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	556 Kcal	22 g	30 g	391 Kcal	9 g	12 g
<i>Carbohydrate: 68 g</i>		<i>Carbohydrate: 48 g</i>		<i>Carbohydrate: 47 g</i>		