



	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			Assorted cereals or muesli with plant based milk and dried fruits		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose		
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	349 Kcal	15 g	6,35 g	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>			<i>Carbohydrate: 133g</i>			<i>Carbohydrate: 133g</i>		
MORNING SNACK	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, fruit tea, wholewheat baguette with Hummus		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Gluten, Lactose			Gluten, Fish, Lactose, Egg			Gluten, Lactose			Gluten, Lactose, egg			Gluten		
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	557 Kcal	7 g	44 g	557 Kcal	7 g	44 g	597 Kcal	28 g	18 g
	<i>Carbohydrate: 84g</i>			<i>Carbohydrate: 66 g</i>			<i>Carbohydrate: 75 g</i>			<i>Carbohydrate: 75 g</i>			<i>Carbohydrate: 82g</i>		
LUNCH	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, bean burgers with potatoes and sweetcorn salad			French Onion soup with croutons, chicken thigh fillet with Rizi-bizi rice		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Lactose, Gluten			Lactose, Gluten , Egg			Lactose, Gluten, Cellery, Egg			Eggs, Gluten, Cellery, Lactose			Lactose, Gluten, Cellery,		
	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>	<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	292 Kcal	15 g	7 g	338kcal	9g	21g	325kcal	20g	13g
	<i>Carbohydrate: 77g</i>			<i>Carbohydrate: 67g</i>			<i>Carbohydrate: 85g</i>			<i>Carbohydrate: 87g</i>			<i>Carbohydrate: 73 g</i>		
SNACK	Wholewheat bread with honey and fresh fruits			Milk kifli with seasonal fruit salad			Pancakes with bananas			Milk loaf with fruit jam and fresh fruit			Pizza Pastry with veggies		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Gluten, Lactose			Gluten, Lactose			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>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	309 Kcal	4 g	7 g	556 Kcal	22 g	30 g	371 Kcal	11 g	5 g
	<i>Carbohydrate: 68 g</i>			<i>Carbohydrate: 48 g</i>			<i>Carbohydrate: 47 g</i>			<i>Carbohydrate: 68 g</i>			<i>Carbohydrate: 47 g</i>		

MENU X