



	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 bean dip			Hungarian peppers and apples with bread roll and egg mayonaise			Apples and cucumbers, fruit tea, and 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	Újházy style chicken broth soup and mac and cheese with iceberg lettuce salad			Gödöllő style dumpling soup, fried onion rings with jasmine rice and sweetcorn			chilled forest fruit soup, pitta bread with chicken and salad			creamy broccoli soup, fish fingers with potato scallops and tomato salad			cream of mushroom soup, potato pasta with pickled gherkins		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Cellery, Eggs			Gluten,			Lactose, Gluten			Lactose, Gluten, Egg,			Lactose,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>
	279kcal	13g	9g	559	17	19	168	10	6	485	17	22	229	5	7
	<i>Carbohydrate: 32g</i>			<i>Carbohydrate: 66g</i>			<i>Carbohydrate: 20 g</i>			<i>Carbohydrate: 56 g</i>			<i>Carbohydrate: 35 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			Brioche with fresh fruit		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			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>
	556 Kcal	22 g	30 g	391 Kcal	9 g	12 g	309 Kcal	4 g	7 g	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>			<i>Carbohydrate: 68 g</i>			<i>Carbohydrate: 48 g</i>		

