



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
BREAKFAST	Nut free muesli with dried fruits/ cornflakes with milk	Nut free muesli with dried fruits/ cornflakes with milk	NATIONAL HOLIDAY	Nut free muesli with dried fruits/ cornflakes with milk	Nut free muesli with dried fruits/ cornflakes with milk			
	<i>Allergen:</i>			<i>Allergen:</i>				
	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>				
MORNING SNACK	Oranges and apples, pur pur baguette with turkey ham	Apples and pears, fruit tea, and wholewheat roll with vegetable paté		NATIONAL HOLIDAY	Apples and Hungarian peppers and pizza pastry	Apples and cucumbers, fruit tea, and bran rolls with Hummus		
	<i>Allergen:</i>				<i>Allergen:</i>			
	Gluten				Gluten			
	<i>Energy:</i>	<i>Protein:</i>			<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	539 Kcal	49 g			14 g	442Kcal	29 g	7g
<i>Carbohydrate: 84g</i>		<i>Carbohydrate: 89 g</i>			<i>Carbohydrate: 75 g</i>			
LUNCH	semolina dumpling soup, Lasagne with iceberg lettuce	creamy pea soup and breaded chicken breast with couscous and beetroot			NATIONAL HOLIDAY	Újházy style chicken broth soup and pasta with sour cream and grated cheese with iceberg lettuce salad	Tomato Soup with pasta, Fish cakes with Jazmin rice and Tartar Sauce with Mixed Salad	
	<i>Allergen:</i>		<i>Allergen:</i>					
	Lactose, Gluten egg		Laktose, cellery					
	<i>Energy:</i>	<i>Protein:</i>	<i>fát</i>			<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	278 Kcal	14 g	6 g			298kcal	30g	4g
<i>Carbohydrate: 32g</i>		<i>Carbohydrate: 33g</i>				<i>Carbohydrate: 32g</i>		
SNACK	Brioche with apples	Milk kifli with seasonal fruits	NATIONAL HOLIDAY			Rye bread with fruit jam and fresh fruit	Pizza Pastry with hungarian pepper	
	<i>Allergen:</i>			<i>Allergen:</i>				
	Gluten, Lactose			Gluten, Lactose				
	<i>Energy:</i>	<i>Protein:</i>		<i>Fat:</i>		<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	333 Kcal	12 g		6 g		391 Kcal	9 g	12 g
<i>Carbohydrate: 55 g</i>		<i>Carbohydrate: 48 g</i>		<i>Carbohydrate: 68 g</i>				