



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
BREAKFAST	Nut free muesli with dried fruits/ cornflakes with milk			Nut free muesli with dried fruits/ cornflakes with milk			Nut free muesli with dried fruits/ cornflakes with milk			Nut free muesli with dried fruits/ cornflakes with milk			Nut free muesli with dried fruits/ cornflakes with milk		
	<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			Apples and carrot fruit juice, sesame seed roll with cottage cheese and paprika 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, Fish, Lactose, Egg			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	445 Kcal	28 g	20g	557 Kcal	7 g	44 g	597 Kcal	28 g	18 g
	<i>Carbohydrate: 84g</i>			<i>Carbohydrate: 66 g</i>			<i>Carbohydrate: 66 g</i>			<i>Carbohydrate: 75 g</i>			<i>Carbohydrate: 82g</i>		
LUNCH	semolina dumpling soup, Lasagne with iceberg lettuce			creamy pea soup and breaded chicken breast with couscous and beetroot			Hungarian strawberry soup, Mexican-style chicken tortilla wraps			Borscs soup, Spanish style chicken breast with bulgur and peas			Tomato Soup with pasta, Falafel with Jazmin rice and Tartar Sauce with Mixed Salad		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Lactose, Gluten egg			Laktose, cellery			Laktose, Gluten			Lactose,			Lactose, Eggs, 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>
	278 Kcal	14 g	6 g	298kcal	30g	4g	296kcal	16g	12g	553	38	2	340kcal	15g	20g
	<i>Carbohydrate: 32g</i>			<i>Carbohydrate: 33g</i>			<i>Carbohydrate: 32g</i>			<i>Carbohydrate: 92g</i>			<i>Carbohydrate: 60g</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			Chocolate Swirl Pastry 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, 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: 52 g</i>		