



	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		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	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
	Carbohydrate: 133g			Carbohydrate: 133g			Carbohydrate: 133g			Carbohydrate: 133g			Carbohydrate: 133g		
MORNING SNACK	Oranges and apples, cheesy baguette with cream cheese			Apples and cucumbers, baguette with Hummus			Carrots and apples with sesame seed roll and bean dip			Hungarian peppers and apples with Pizza Swirl			Apples and pear, Bread roll with cheese or chicken slices		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Gluten, Lactose			Gluten			Gluten, Lactose, egg			Gluten, Lactose			Gluten, lactose		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	539 Kcal	49 g	14 g	597 Kcal	28 g	18 g	557 Kcal	7 g	44 g	557 Kcal	7 g	44 g	597 Kcal	28 g	18 g
	Carbohydrate: 84g			Carbohydrate: 82g			Carbohydrate: 75 g			Carbohydrate: 75 g			Carbohydrate: 82g		
LUNCH	Spring cauliflower soup, Spaghetti Bolognese and green salad			Goulash soup, breaded cauliflower with jasmine and tartar sauce			Chicken broth, Bean burger with potato and sweetcorn salad			Cherry soup, cheesy rice balls with mixed salad			DIY tortilla , assorted salads , Tuna/egg mayo/hummus		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Lactose, Gluten			Lactose, Gluten, Cellery, Egg			Eggs, Gluten, Cellery, Lactose			Lactose, Gluten , Egg			Lactose,Gluten, fish , egg		
	Energy:	Protein:	fat	Energy:	Protein:	fat	Energy:	Protein:	Fat:	Energy:	Protein:	fat	Energy:	Protein:	Fat:
	457kcal	12g	12g	292 Kcal	15 g	7 g	338kcal	9g	21g	377 Kcal	32 g	10 g	229	5	7
	Carbohydrate: 77g			Carbohydrate: 85g			Carbohydrate: 87g			Carbohydrate: 67g			Carbohydrate: 35 g		
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		
	Allergen:			Allergen:			Allergen:			Allergen:			Allergen:		
	Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten, Lactose			Gluten,		
	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:	Energy:	Protein:	Fat:
	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
	Carbohydrate: 68 g			Carbohydrate: 48 g			Carbohydrate: 47 g			Carbohydrate: 68 g			Carbohydrate: 48 g		