



	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>					
	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, 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	
	<i>Allergen:</i>					
	Gluten, Lactose					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	539 Kcal	49 g	14 g	597 Kcal	28 g	18 g
<i>Carbohydrate: 84g</i>		<i>Carbohydrate: 82g</i>		<i>Carbohydrate: 75 g</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 french fries and tomato salad	DIY tortilla , assorted salads , Tuna/egg mayo/hummus	
	<i>Allergen:</i>					
	Cellery, Eggs					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	279kcal	13g	9g	559	17	19
<i>Carbohydrate: 32g</i>		<i>Carbohydrate: 66g</i>		<i>Carbohydrate: 20 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>					
	Gluten, Lactose					
	<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
<i>Carbohydrate: 68 g</i>		<i>Carbohydrate: 48 g</i>		<i>Carbohydrate: 47 g</i>		
