



	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>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>
	349 Kcal	349 Kcal	349 Kcal	349 Kcal	349 Kcal
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>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>
	Gluten, Lactose	Gluten	Gluten, Lactose, egg	Gluten, Lactose	Gluten, lactose
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>
	539 Kcal	597 Kcal	557 Kcal	557 Kcal	597 Kcal
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	4th of July Turkey/Vegatarian Hot Dogs with coleslaw, and fruit salad
	<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, Egg
	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>
	279kcal	559	168	485	325kcal
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>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>	<i>Energy:</i>
	556 Kcal	391 Kcal	309 Kcal	556 Kcal	391 Kcal
