



	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 cucumbers, baguette with Hummus			Carrots and apples with sesame seed roll and egg mayo			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>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	597 Kcal	28 g	18 g	557 Kcal	7 g	44 g	557 Kcal	7 g	44 g	597 Kcal	28 g	18 g
	<i>Carbohydrate: 84g</i>			<i>Carbohydrate: 82g</i>			<i>Carbohydrate: 75 g</i>			<i>Carbohydrate: 75 g</i>			<i>Carbohydrate: 82g</i>		
LUNCH	Tomato Soup with pasta, Chilli con carne with optional pasta			creamy pea soup and breaded chicken breast with couscous and beetroot			Borscs soup, Spanish style chicken breast with Riziz-bizi			Hungarian strawberry soup, Falafel with Jazmin rice and Tartar Sauce with Mixed Salad			American Independence Party with turkey Hot Dogs , coleslaw and ice-cream		
	<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>			<i>Allergen:</i>		
	Lactose, Eggs, Gluten			Laktose, cellery			Lactose,			Laktose, Gluten			Lactose, Gluten, Cellery,		
	<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>fât</i>
	340kcal	15g	20g	298kcal	30g	4g	553	38	2	296kcal	16g	12g	325kcal	20g	13g
	<i>Carbohydrate: 60g</i>			<i>Carbohydrate: 33g</i>			<i>Carbohydrate: 92g</i>			<i>Carbohydrate: 32g</i>			<i>Carbohydrate: 73 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			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>		