



	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	CLOSED	CLOSED
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>		
	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose		
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>		
	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		
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>		
	Gluten, Lactose	Gluten	Gluten, Lactose, egg		
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>		
	539 Kcal	49 g	14 g		
	<i>Carbohydrate: 84g</i>	<i>Carbohydrate: 82g</i>	<i>Carbohydrate: 75 g</i>		
LUNCH	Pasta with sour cream and grated cheese, seasonal fruit salad	Vegetable soup, chilli con carne with rice	DIY tortilla wrap with a selection of protein and vegetable fillings, seasonal fruit (watermelon)		
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>		
	Lactose, Gluten	Lactose, Gluten, Cellery, Egg	Eggs, Gluten, Cellery, Lactose		
	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>		
	457kcal	12g	12g		
	<i>Carbohydrate: 77g</i>	<i>Carbohydrate: 85g</i>	<i>Carbohydrate: 87g</i>		
SNACK	Wholewheat bread with honey and fresh fruits	Milk kifli with seasonal fruit salad	Pancakes with bananas		
	<i>Allergen:</i>	<i>Allergen:</i>	<i>Allergen:</i>		
	Gluten, Lactose	Gluten, Lactose	Gluten, Lactose		
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>		
	556 Kcal	22 g	30 g		
	<i>Carbohydrate: 68 g</i>	<i>Carbohydrate: 48 g</i>	<i>Carbohydrate: 47 g</i>		