



Lunch Menu

	Monday 21.05	Tuesday 22.05	Wednesday 23.05	Thursday 24.05	Friday 25.05
MENU	Public Holiday	Gazpacho soup ⁷ /Fruit juice Biryani chicken ^{5,7,8} Date basmati rice ^{5,8}	Cauliflower soup ^{1,7,9} Chicken fajitas Tortilla ¹	Asparagus cream soup ^{1,7,9} Meatball (pork/chicken) ^{1,3,6} Steamed vegetables Mashed potatoes ^{3,7}	Breaded chicken ^{1,3,5,7,8} Jasmine rice Grilled vegetables Ice cream ^{1,3,7}
Age 4-6		Energy: 572 kcal, Protein: 26 g, Fat: 13 g, SFA: 3 g, Carbohydrate: 87 g, Sugar: 0,1 g, Salt: 2 g	Energy: 547 kcal, Protein: 29 g, Fat: 15 g, SFA: 3 g, Carbohydrate: 75 g, Sugar: 0 g, Salt: 2 g	Energy: 539 kcal, Protein: 21 g, Fat: 23 g, SFA: 8 g, Carbohydrate: 60 g, Sugar: 0,7 g, Salt: 3 g	Energy: 585 kcal, Protein: 13 g, Fat: 32 g, SFA: 4 g, Carbohydrate: 59 g, Sugar: 12 g, Salt: 3 g
Age 7-10		Energy: 620 kcal, Protein: 25 g, Fat: 13 g, SFA: 3 g, Carbohydrate: 98 g, Sugar: 24 g, Salt: 2 g	Energy: 677 kcal, Protein: 32 g, Fat: 22 g, SFA: 4 g, Carbohydrate: 90 g, Sugar: 0 g, Salt: 3 g	Energy: 722 kcal, Protein: 28 g, Fat: 29 g, SFA: 9 g, Carbohydrate: 84 g, Sugar: 1 g, Salt: 3 g	Energy: 690 kcal, Protein: 16 g, Fat: 38 g, SFA: 4 g, Carbohydrate: 70 g, Sugar: 12 g, Salt: 3,5 g
Age 11-14		Energy: 762 kcal, Protein: 35 g, Fat: 17 g, SFA: 4 g, Carbohydrate: 116 g, Sugar: 0,03 g, Salt: 2 g	Energy: 789 kcal, Protein: 41 g, Fat: 22 g, SFA: 4 g, Carbohydrate: 110 g, Sugar: 0 g, Salt: 3 g	Energy: 778 kcal, Protein: 29 g, Fat: 30 g, SFA: 8 g, Carbohydrate: 96 g, Sugar: 1 g, Salt: 3 g	Energy: 760 kcal, Protein: 17 g, Fat: 41 g, SFA: 4 g, Carbohydrate: 78 g, Sugar: 12 g, Salt: 4 g
Age 15-		Energy: 820 kcal, Protein: 38 g, Fat: 19 g, SFA: 4 g, Carbohydrate: 124 g, Sugar: 0,04 g, Salt: 3 g	Energy: 876 kcal, Protein: 44 g, Fat: 27 g, SFA: 5 g, Carbohydrate: 118 g, Sugar: 2 g, Salt: 4 g	Energy: 892 kcal, Protein: 33 g, Fat: 33 g, SFA: 9 g, Carbohydrate: 113 g, Sugar: 1 g, Salt: 3 g	Energy: 894 kcal, Protein: 19 g, Fat: 47 g, SFA: 6 g, Carbohydrate: 95 g, Sugar: 18 g, Salt: 4 g
VEGETARIAN		(V) Gazpacho soup ⁷ /Fruit juice Veggie stuffed pancakes with parmesan sauce ^{1,3,(5),7} Roasted mushrooms ⁽¹⁾	(V) Cauliflower soup ^{1,7,9} Chow mein ^{1,3,5,6,9,11}	(V) Asparagus cream soup ^{1,7,9} Veggie burger ^{1,3,6,7,8} Steamed vegetables Brown rice	(V) French gratin potatoes ^{(1),3,7} Grilled vegetables Ice cream ^{1,3,7}
Age 4-6		Energy: 554 kcal, Protein: 20 g, Fat: 23 g, SFA: 5 g, Carbohydrate: 66 g, Sugar: 0 g, Salt: 3 g	Energy: 520 kcal, Protein: 19 g, Fat: 18 g, SFA: 4 g, Carbohydrate: 69 g, Sugar: 1 g, Salt: 2 g	Energy: 521 kcal, Protein: 13 g, Fat: 19 g, SFA: 3,5 g, Carbohydrate: 75 g, Sugar: 0,7 g, Salt: 3 g	Energy: 555 kcal, Protein: 12 g, Fat: 17 g, SFA: 8 g, Carbohydrate: 78 g, Sugar: 10 g, Salt: 1 g
Age 7-10		Energy: 682 kcal, Protein: 24 g, Fat: 29 g, SFA: 6 g, Carbohydrate: 81 g, Sugar: 0 g, Salt: 3 g	Energy: 669 kcal, Protein: 25 g, Fat: 23 g, SFA: 4,5 g, Carbohydrate: 88 g, Sugar: 2 g, Salt: 3 g	Energy: 670 kcal, Protein: 16 g, Fat: 24 g, SFA: 4,5 g, Carbohydrate: 96 g, Sugar: 0,9 g, Salt: 4 g	Energy: 683 kcal, Protein: 15 g, Fat: 26 g, SFA: 10 g, Carbohydrate: 96 g, Sugar: 13 g, Salt: 2 g
Age 11-14		Energy: 767 kcal, Protein: 27 g, Fat: 32 g, SFA: 6 g, Carbohydrate: 91 g, Sugar: 0 g, Salt: 4 g	Energy: 743 kcal, Protein: 28 g, Fat: 26 g, SFA: 5 g, Carbohydrate: 98 g, Sugar: 2 g, Salt: 3 g	Energy: 744 kcal, Protein: 18 g, Fat: 27 g, SFA: 5 g, Carbohydrate: 107 g, Sugar: 1 g, Salt: 5 g	Energy: 768 kcal, Protein: 17 g, Fat: 29 g, SFA: 12 g, Carbohydrate: 108 g, Sugar: 14 g, Salt: 2 g
Age 15-		Energy: 852 kcal, Protein: 30 g, Fat: 36 g, SFA: 7 g, Carbohydrate: 101 g, Sugar: 0 g, Salt: 4 g	Energy: 743 kcal, Protein: 28 g, Fat: 26 g, SFA: 5 g, Carbohydrate: 98 g, Sugar: 2 g, Salt: 3 g	Energy: 744 kcal, Protein: 18 g, Fat: 27 g, SFA: 5 g, Carbohydrate: 107 g, Sugar: 1 g, Salt: 5 g	Energy: 853 kcal, Protein: 19 g, Fat: 32 g, SFA: 13 g, Carbohydrate: 120 g, Sugar: 16 g, Salt: 2 g

ALLERGEN: (1) GLUTEN (2) CRABS and their products (3) EGGS and their products (4) FISH and their products (5) PEANUTS and their products (6) SOYA and their products (7) MILK and their products (8) WALNUT and their products (9) CELERY and their products (10) MUSTARD and their products (11) SESAME and their products (12) SULPHUR DIOXIDE (13) LUPINE and products made thereof (15) MOLLUSCS and their products.

Fresh fruit and salad bar available every day in the dining room

Nutrition information calculated by QuadroBite software according to 37/2014. (IV. 30.) EMMI Regulation