

Menu – basic diet EMS 9.12 - 13.12.24

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cinnamon oatmeal with milk + seasonal fruit	Wholemeal sunflower bread + butter + cheese + ham + tomato / lettuce mix + seasonal fruit	Chocolate granola with milk + seasonal fruit	Wholemeal bread + butter + egg paste with chives + cheese + ham + sausage (1 pc) + ketchup + paprika / lettuce + seasonal fruit	Wheat roll (0.5 pcs) + butter + cheese + cottage cheese with radish and chives + pickled cucumber / lettuce + seasonal fruit
Allergens	1,7	1,7	1,7	1,3,7	1,7
Dinner	Dill soup with semolina and cream Butter chicken with jasmine rice	Tomato soup with pasta and cream Homemade pizza with tomato sauce, broccoli, corn and mozzarella cheese	Vegetable soup with potatoes, barley groats and parsley Minced pork cutlets + pearl barley + beetroot salad	Poultry broth with semolina and parsley Pancakes with maple syrup, fruit and fruit jam	Cauliflower soup with millet groats and cream Breaded cod + potatoes with dill + sauerkraut salad
Allergens	1,7,9	1,7,9	1,7,9	1,7,9	1,3,7,9
Snack	Sandwiches: wholemeal bread with sunflower seeds, butter, ham, cheese, vegetables	Rice with apple and cinnamon	Vegetable sticks (carrots, cucumber, peppers) + guacamole with tomatoes and bread vase	Banana and raspberry smoothie with buttermilk + flips	Homemade chocolate cake (1 piece)
Allergens	1,7		1	7	1,3,7