

### Menu – Basic diet 14.04.2025 – 17.04.2025 EMS

	Monday	Tuesday	Wednesday	Thursday
Morning snack	Homemade muesli with dried dates + seasonal fruits	Wholewheat sunflower bread + butter + cheese + ham + veggies	Cranberry granola on milk + seasonal fruits	Wholewheat sunflower bread + butter + cottage cheese with chives and radish + cheese + mozzarella with tomatoes and fresh basil + ham + veggies + seasonal fruit
Allergens	1,7	1,7	1,7	1,7
Dinner	Broccoli soup with buckwheat and cream  Chicken spaghetti bolognese	Beet soup with potatoes and cream  Boiled egg in chive sauce + potatoes with dill + green beans	White borscht  Roast pork in horseradish sauce + jasmine rice + white cabbage with dill	Chickenbroth with samolina and parsley Dumplings with strawberries and butter
Alergeny	1,7,9	1,3,7,9	1,7,9	1,7,9
Snack	Wholewheat sunflower bread+ butter + buckwheat paste with roasted sunflowers seeds + cheese + ham + veggies	Fruit cocktail on natural yogurt + corn crisps	Graham breadroll(0,5 szt.) + butter + shees + ham + guacamole + veggies	Rice with apple and cinnamon
Allergens	1,7	7	1,7	

### Menu – Vegetarian diet 14.04.2025 – 17.04.2025 EMS

	Poniedziałek	Tuesday	Wednesday	Thursday
Morning snack	Homemade muesli with dried date on milk  + seasonal fruit	Wholewheat sunflowers bread+ butter + cheese + veggies  + seasonal fruit	Cranberry granola on milk + seasonal fruits	Wholewheat sunflower bread + butter + cottage cheese with chives and radish + cheese + mozzarella with tomatoes and fresh basil + veggies + seasonal fruit
Allergens	1,7	1,7	1,7	1,7
Dinner	Broccoli soup with buckwheat and cream  Vegetarian spaghetti bolognese with red lentils	Beet soup with potatoes and cream  Boiled egg in chive sauce + potatoes with dill + green beans	White borscht  Vegetarian roast in horseradish sauce + jasmine rice + white cabbage with dill	Veggie broth with samolina and parsley  Dumplings with strawberries and butter
Allergens	1,7,9	1,3,7,9	1,7,9	1,7,9
Snack	Wholewheat sunflower bread + butter + buckwheat paste with roasted sunflower seeds + cheese + veggies	Fruit cocktail on natural yogurt + corn crisps	Graham brearoll(0,5 szt.) + butter + cheese + guacamole + veggies	Rice with apples and cinnamonn
Alergeny	1,7	7	1,7	