

Menu – basic diet 26.05.2025 – 30.05.2025 EMS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Oatmeal with milk + seasonal fruit	Wholemeal bread with sunflower seeds + butter + cheese + ham + vegetables + seasonal fruit	Chocolate granola with milk + seasonal fruit	Wholemeal bread + butter + baked chicken fillet, pickled cucumber and egg paste + vegetables + seasonal fruit	Wheat bun (0.5 pcs.) + butter + cheese + egg paste with chives + ham + vegetables + seasonal fruit
Allergens	1,7	1,7	1,7	1,3,7	1,3,7
Dinner	Tomato soup with rice Pasta in broccoli sauce with chicken and corn in cream	Chicken broth with semolina and parsley Pepper goulash with chickpeas in tomatoes + buckwheat	Silesian soup with potatoes Pork chop + mashed potatoes + beetroot	Cucumber soup with rice and cream Dumplings in strawberry sauce with Greek yogurt	Potato - corn cream soup with popcorn Breaded cod + baked potatoes + sauerkraut, carrot and apple salad
Allergens	1,7,9	1,9	1,7,9	1,7,9	1,3,4,7,9
Snack	Wholemeal sunflower bread + butter + cheese + ham + cream cheese + vegetables	Fruit cocktail with natural yoghurt + flips	Butter croissant (0.5 pcs.) + butter + blackcurrant jam	Vegetable sticks (carrot, green cucumber, pepper) + yogurt dip + vasa bread	Homemade cheesecake (1 piece)
Allergens	1,7	7	1,3,7	7	3,7

Menu – vegetarian diet 26.05.2025 – 30.05.2025 EMS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Oatmeal with milk + seasonal fruit	Wholemeal bread with sunflower seeds + butter + cheese + vegetables + seasonal fruit	Chocolate granola with milk + seasonal fruit	Wholemeal bread + butter + pickled cucumber and egg paste + vegetables + seasonal fruit	Wheat bun (0.5 pcs.) + butter + cheese + egg paste with chives + vegetables + seasonal fruit
Allergens	1,7	1,7	1,7	1,3,7	1,3,7
Dinner	Tomato soup with rice Pasta in broccoli sauce with tofu and corn in cream	Vegetarian soup with semolina and parsley Pepper goulash with chickpeas in tomatoes + buckwheat	Silesian soup with potatoes Soy cutlet + mashed potatoes + beetroot	Cucumber soup with rice and cream Dumplings in strawberry sauce with Greek yogurt	Potato - corn cream soup with popcorn Vegetarian cutlet+ baked potatoes + sauerkraut, carrot and apple salad
Allergens	1,7,9	1,9	1,7,9	1,7,9	1,3,4,7,9
Snack	Wholemeal sunflower bread + butter + cheese + cream cheese + vegetables	Fruit cocktail with natural yoghurt + flips	Butter croissant (0.5 pcs.) + butter + blackcurrant jam	Vegetable sticks (carrot, green cucumber, pepper) + yogurt dip + vasa bread	Homemade cheesecake (1 piece)
Allergens	1,7	7	1,3,7	7	3,7