

Menu – basic diet 23.06.2025 – 27.06.2025 EMS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Oatmeal with milk+ seasonal fruit	Whole grain sunflower bread + butter + cheese + cold cuts + vegetables + seasonal fruit	Strawberry granola with milk+ seasonal fruit	Wheat bun (0.5 pcs.) + butter + white sausage (1 pc.) + ketchup + cheese + ham + vegetables + seasonal fruit	Whole grain bread + butter + egg salad with chives + cheese + ham + vegetables + seasonal fruit
Allergens					
Dinner	Broccoli cream soup with garlic toasts Chicken goulash with bell peppers in tomatoes + pearl barley	Cauliflower soup with millet and cream Fried egg + boiled potatoes with dill + cucumber salad with Greek yogurt	Chicken broth with pasta and parsley Dumplings with meat and fried onions in butter	Tomato soup with rice Pancakes served with natural yogurt, caramelized apple, and cinnamon	Cabbage soup with potatoes and fresh dill Fish meatballs in dill sauce + jasmine rice + baked broccoli
Allergens					
Snack	Whole grain sunflower bread + butter + cheese + ham + cheese + pickled cucumber	Homemade fruit jelly + flips	Whole grain sunflower bread + butter + cheese + ham + pickled cucumber	Vegetable sticks: carrot, cucumber, bell pepper + yogurt dip + bread	Homemade cheesecake (1 piece)
Allergens					

Menu – vegetarian diet 23.06.2025 – 27.06.2025 EMS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Oatmeal with milk+ seasonal fruit	Whole grain sunflower bread + butter + cheese + vegetables + seasonal fruit	Strawberry granola with milk+ seasonal fruit	Wheat bun (0.5 pcs.) + butter + vegetarian sausage (1 pc.) + ketchup + cheese + vegetables + seasonal fruit	Whole grain bread + butter + egg salad with chives + cheese + vegetables + seasonal fruit
Allergens					
Dinner	Broccoli cream soup with garlic toasts Vegetarian goulash with bell peppers in tomatoes + pearl barley	Cauliflower soup with millet and cream Fried egg + boiled potatoes with dill + cucumber salad with Greek yogurt	Vegetable soup with pasta and parsley Dumplings with fruit	Tomato soup with rice Pancakes served with natural yogurt, caramelized apple, and cinnamon	Cabbage soup with potatoes and fresh dill Vegetarian cutlets+ jasmine rice + baked broccoli
Allergens					
Snack	Whole grain sunflower bread + butter + cheese + pickled cucumber	Homemade fruit jelly + flips	Whole grain sunflower bread + butter + cheese + pickled cucumber	Vegetable sticks: carrot, cucumber, bell pepper + yogurt dip + bread	Homemade cheesecake (1 piece)
Allergens					