

The English Garden

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	Assorted cereals or muesli with plant based milk and dried fruits	
	<i>Allergen:</i>					
	Gluten, Lactose					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	349 Kcal	15 g	6,35 g	349 Kcal	15 g	6,35 g
<i>Carbohydrate: 133g</i>						
MORNING SNACK	Oranges and apples, pur pur baguette with turkey ham	Apples and pears, fruit tea, and wholewheat roll with vegetable paté	Apples and carrot fruit juice, kifli with bran with tuna mayonnaise	Apples and Hungarian peppers and pizza pastry	Apples and cucumbers, fruit tea, and bran rolls with Hummus	
	<i>Allergen:</i>					
	Gluten					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	539 Kcal	49 g	14 g	442Kcal	29 g	7g
<i>Carbohydrate:84g</i>						
LUNCH	Spring cauliflower soup, Spaghetti Bolognese and green salad	Hungarian cherry soup, breaded cheese with potato wedges, tomato salad	Goulash soup, cheesy rice balls with mixed salad	Chicken broth, bean burgers with potatoes and sweetcorn salad	Vegetable soup with croutons, fish fingers and mashed potatoes	
	<i>Allergen:</i>					
	Lactose, Gluten					
	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>	<i>Energy:</i>	<i>Protein:</i>	<i>fat</i>
	457kcal	12g	12g	377 Kcal	32 g	10 g
<i>Carbohydrate: 77g</i>						
SNACK	Brioche with apples	Milk kifli with seasonal fruits	Pancakes with bananas	Rye bread with fruit jam and fresh fruit	Pizza Pastry with hungarian pepper	
	<i>Allergen:</i>					
	Gluten, Lactose					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>
	333 Kcal	12 g	6 g	391 Kcal	9 g	12 g
<i>Carbohydrate: 55 g</i>						