

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		Assorted cereals or muesli with plant based milk and dried fruits			
	<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>			
	Gluten, Lactose		Gluten, Lactose		Gluten, Lactose		Gluten, Lactose		Gluten, Lactose		Gluten, Lactose			
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	349 Kcal	15 g	6,35 g	349 Kcal	15 g	6,35 g		
<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		<i>Carbohydrate: 133g</i>		<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 bread with cream cheese		Apples and cucumbers, fruit tea, and bran rolls with Hummus					
	<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>			
	Gluten		Gluten		Gluten, Fish, Lactose, Egg		Gluten, Lactose		Gluten					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	445 Kcal	28 g	20g	757 Kcal	7 g	44 g	597 Kcal	28 g
<i>Carbohydrate: 84g</i>		<i>Carbohydrate: 89 g</i>		<i>Carbohydrate: 66 g</i>		<i>Carbohydrate: 75 g</i>		<i>Carbohydrate: 82g</i>						
LUNCH	Borscs soup, Spanish style chicken breast with bulgur and peas		Gödöllő style dumpling soup, fried onion rings with jasmine rice and sweetcorn		chilled forest fruit soup, pitta bread with chicken and salad		creamy broccoli soup, fish fingers with potato scallops and tomato salad		Vegetable soup with croutons, Pasta milanese with grated cheese					
	<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>			
	Lactose,		Gluten,		Lactose, Gluten		Lactose, Gluten, Egg,		Laktose, Gluten					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>		
	553	38	2	559	17	19	168	10	6	485	17	22	296kcal	16g
<i>Carbohydrate: 92g</i>		<i>Carbohydrate: 66g</i>		<i>Carbohydrate: 20 g</i>		<i>Carbohydrate: 56 g</i>		<i>Carbohydrate: 32g</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>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>		<i>Allergen:</i>			
	Gluten, Lactose		Gluten, Lactose		Gluten, Lactose		Gluten, Lactose		Gluten, Lactose, Egg					
	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<i>Energy:</i>	<i>Protein:</i>	<i>Fat:</i>	<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	309 Kcal	4 g	7 g	556 Kcal	22 g	30 g	371 Kcal	11 g
<i>Carbohydrate: 55 g</i>		<i>Carbohydrate: 48 g</i>		<i>Carbohydrate: 47 g</i>		<i>Carbohydrate: 68 g</i>		<i>Carbohydrate: 27 g</i>						

