



KEIS Menu for the period from 28.09. to 02.10.2020

Day	Menu	Portion per gram (g)	Allergies
Monday 28.09.2020	Potato soup with barley groats	200	
	Chicken breast with peas		1
	Bulgur	50+100	
	Vegetable garnish	140	1
	Apple	70 100	1
Tuesday 29.09.2020	Fish soup	200	
	Wholegrain spaghetti with tomato sauce and cheese	50+100 240	1
		150	1,7
	Grapes		
Wednesday 30.09.2020	Carrot soup with wholemeal couscous	200	
	Roasted chicken leg		1
	Mashed potatoes	140	1
	Cucumber salad	140 80	1 7
Thursday 01.10.2020	Pea soup with buckwheat and potatoes	200	
	Turkey stew		1
	Wholemeal pasta	50+100	
	Banana	140 1 ks	1,7 1
Piatok 02.10.2020	Tomato soup with oats. flakes	200	
	French potatoes with tofu cheese	260	1
	Beet salad with apples	140	3,6,7

Vypracovala: Mariana Miľková, vedúca ŠJ DC Baranček

Allergény: 1-obilniny, 3-vajcia, 4-ryby, 6-sója, 7-mlieko, 8-orechy, 9- zeler, 10-horčica, 11- Sézam