

Lunch Menu

IB	Monday 05.13.	Tuesday 05.14.	Wednesday 05.15.	Thursday 05.16.	Friday 05.17.
MENU	Carrot Cream Soup with Ginger 1,7, (9) Moussaka 1,3,7	Pho Soup 3,4,6 Chicken Teriyaki 1,6,11 Steamed Rice Steamed Broccoli	Sour Cherry Soup 1,7 Chicken Stroganoff 1,7 Mashed Potato 1,7 Steamed Vegetable Gravy 1,(6),(7),(12)	Vegetables Soup 1,9 Fried Fish 1,3,4 French Fries Steamed Vegetable	Pasta Carbonara 1,7,(13) Dessert 1,3,7,8
	Energy: 987,4kcal Protein: 42,8g Fat: 34,9g SFA: 12,2g Carbohydrates: 119,8g Sugar: 22g Salt: 1,9g	Energy: 848,1kcal Protein: 56,4g Fat: 15,8g SFA: 2,2g Carbohydrates: 104,2g Sugar: 6,9g Salt: 0,8g	Energy: 944kcal Protein: 59,9g Fat: 25,5g SFA: 6,2g Carbohydrates: 115,5g Sugar: 22,6g Salt: 0,7g	Energy: 856,8kcal Protein: 42,7g Fat: 26,1g SFA: 5,9g Carbohydrates: 108,1g Sugar: 2,3g Salt: 1,2g	Energy: 914,5kcal Protein: 35g Fat: 25,5g SFA: 11,4g Carbohydrates: 133,4g Sugar: 47,4g Salt: 1,5g
VEGETARIAN	Carrot Cream Soup with ginger 1,7,(9) Vegetarian Moussaka 1,3,7	Vegetarian Pho Soup 3 Spring Rolls 1,3,6,7,9 Steamed Broccoli	Sour Cherry Soup 1,7 Omelette with Cheese (1),3,7	Vegetable Soup 1,9 Croque Madame 1,3,(6),7 Steamed Vegetable	Canelloni with Spinach 1,7,(13) Dessert 1,3,7,8
	Energy: 735,6kcal Protein: 26,1g Fat: 23,4g SFA: 7,4g Carbohydrates: 100g Sugar: 16,8g Salt: 2,2g	Energy: 669,6kcal Protein: 86,3g Fat: 22,4g SFA: 0,3g Carbohydrates: 122,9g Sugar: 3,1g Salt: 1,7g	Energy: 627,6kcal Protein: 32,5g Fat: 28,2g SFA: 7,4g Carbohydrates: 58,4g Sugar: 17,2g Salt: 0,8g	Energy: 968,4kcal Protein: 35,9g Fat: 55,7g SFA: 23,1g Carbohydrates: 76,3g Sugar: 2,2g Salt: 1,9g	Energy: 668,4kcal Protein: 18,3g Fat: 23,1g SFA: 11,9g Carbohydrates: 94,7g Sugar: 24g Salt: 0,3g
Menu for Students With Food Allergies	Carrot Cream Soup (9) Moussaka (12)	Vegetable Soup with Spring Vegetables Fried Chicken Steamed Rice Steamed Broccoli	Sour Cherry Soup Roast Chicken Mashed Potato Steamed Vegetable	Kohlrabi Soup (12) Fried Fish 3,4 French Fries Steamed Vegetables	Pasta with Cicken Ham and Tomato Dessert (8)
	Energy: 891,2kcal Protein: 32,9g Fat: 40,5g SFA: 15,7g Carbohydrates: 93,7g Sugar: 17,8g Salt: 2,1g	Energy: 824g Protein: 36,8g Fat: 20,5g SFA: 3,5g Carbohydrates: 116,5g Sugar: 5,1g Salt: 2,4g	Energy: 741,1kcal Protein: 35,8g Fat: 28,4g SFA: 9,9g Carbohydrates: 82,3g Sugar: 17,1g Salt: 0,9g	Energy: 870,1kcal Protein: 36,5g Fat: 30,5g SFA: 7,8g Carbohydrates: 107,3g Sugar: 1,2g Salt: 0,7g	Energy: 685,8kcal Protein: 11,6g Fat: 15,6g SFA: 7,6g Carbohydrate: 125,4g Sugar: 18,6g Salt: 1g
Menu for Students With Food Allergies Vegetarian	Carrot Cream Soup (9) Savoy Cabbage Casserole	Vegetable Soup with Spring Vegetables Hungarian Potato Pasta	Sour Cherry Soup Boiled Egg 3 Hungarian Mixed Vegetable Stew	Kohlrabi Soup (12) Vegetable Stew French Fries	Vegetarian Spaghetti Carbonara Dessert (8)
	Energy: 650,8kcal Protein: 14,5g Fat: 21,7g SFA: 13,1g Carbohydrates: 95,6g Sugar: 17,9g Salt: 0,8g	Energy: 752,5kcal Protein: 19,8g Fat: 14,5g SFA: 1,9g Carbohydrates: 131g Sugar: 3g Salt: 0,7g	Energy: 654,7kcal Protein: 15g Fat: 21,2g SFA: 8,2g Carbohydrates: 99,7g Sugar: 21,7g Salt: 1,4g	Energy: 884,5kcal Protein: 14,6g Fat: 45,8g SFA: 11,1g Carbohydrates: 99,8g Sugar: 5,5g Salt: 0,7g	Energy: 588,8kcal Protein: 7,9g Fat: 10,6g SFA: 5g Carbohydrates: 112,2g Sugar: 19,4g Salt: 0,7g

ALLERGENS: (1) GLUTEN (2) CRUSTACEANS and their products (3) EGGS and their products (4) FISH and their products (5) PEANUTS and their products (6) SOYA and products made from it (7) MILK and products made from it (8) WALNUT and products made from it (9) CELERY and products made from it (10) MUSTARD and products made from it (11) SESAME and products made from it (12) SULPHUR DIOXIDE (13) LUPINE and products made there of (14) MOLLUSCS and their products.

Nutrition information calculated by QuadroByte software according to 37/2014. (IV. 30.) EMMI Regulation

Fresh fruit and salad available every day in the Dining Room