

KS1	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 Grilled Chicken 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 with Ham and Tomato 1,7,(13) Dessert 1,3,7,8
	Energy: 788,6kcal Protein: 33,7g Fat: 25,6g SFA: 9g Carbohydrates: 101,3g Sugar: 17,6g Salt: 1,6g	Energy: 737,1kcal Protein: 47,9g Fat: 10,8g SFA: 1,5g Carbohydrates: 101,6g Sugar: 5g Salt: 1,1g	Energy: 747,6kcal Protein: 39,4g Fat: 22,2g SFA: 5g Carbohydrates: 94,1g Sugar: 13,4g Salt: 0,9g	Energy: 830,2kcal Protein: 34,7g Fat: 27,9g SFA: 6,9g Carbohydrates: 104,8g Sugar: 2g Salt: 1g	Energy: 686,3kcal Protein: 19g Fat: 14,7g SFA: 4,9g Carbohydrates: 115,4g Sugar: 37g Salt: 1,1g
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: 574,1kcal Protein: 20,7g Fat: 15,8g SFA: 4,7g Carbohydrates: 83,1g Sugar: 15,5g Salt: 1,9g	Energy: 518,4kcal Protein: 62,7g Fat: 19,2g SFA: 0,6g Carbohydrates: 88,9g Sugar: 1,7g Salt: 1,2g	Energy: 453kcal Protein: 22,5g Fat: 19,1g SFA: 5,1g Carbohydrates: 45,8g Sugar: 13,7g Salt: 0,5g	Energy: 650,9kcal Protein: 22,7g Fat: 38,2g SFA: 16,3g Carbohydrates: 50,5g Sugar: 1,4g Salt: 1,2g	Energy: 460,7kcal Protein: 14,7g Fat: 19,7g SFA: 10,2g Carbohydrates: 79,4g Sugar: 23,9g 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: 645,1kcal Protein: 24,5g Fat: 30g SFA: 10,7g Carbohydrates: 65,4g Sugar: 16,5g Salt: 0,8g	Energy: 661,8g Protein: 33,2g Fat: 16,7g SFA: 2,6g Carbohydrates: 88,9g Sugar: 1g Salt: 0,5g	Energy: 598,4kcal Protein: 29g Fat: 23,1g SFA: 7,8g Carbohydrates: 65,9g Sugar: 13,6g Salt: 0,7g	Energy: 635,9kcal Protein: 28,2g Fat: 18,1g SFA: 5,3g Carbohydrates: 85,4g Sugar: 0,9g Salt: 0,6g	Energy: 545,4kcal Protein: 9,2g Fat: 12,7g SFA: 7g Carbohydrate: 99,6g Sugar: 18,6g Salt: 0,9g
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: 511,8kcal Protein: 10,9g Fat: 13,6g SFA: 8,1g Carbohydrates: 82,2g Sugar: 16,3g Salt:0,6g	Energy: 549,2kcal Protein: 15,5g Fat: 8,5g SFA: 1,1g Carbohydrates: 99,6g Sugar: 1g Salt: 0,5g	Energy: 564kcal Protein: 13,9g Fat: 17,7g SFA: 6,6g Carbohydrates: 85,7g Sugar: 17,6g Salt: 1,1g	Energy: 701,6kcal Protein: 11,9g Fat: 35,1g SFA: 8,6g Carbohydrates: 81,2g Sugar: 4,5g Salt: 0,5g	Energy: 510kcal Protein: 7,1g Fat: 8,3g SFA: 4g Carbohydrates: 98,8g Sugar: 18,4g Salt: 0,6g