

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
<b>BRUNCH</b>	FRUIT,BISCUIT			POULTRY MEAT CREAM,CUCUMBER AND BAUGETT			CHEESE PASTRY			BANANA,BISCUIT			FRUIT YOGHURT		
	Energia: 279,16 Kcal / 1166,89 Kj			Energia: 281,92 Kcal / 1178,43 Kj			Energia: 91,26 Kcal / 381,47 Kj			Energia: 2329,1 Kcal / 9735,64 Kj			Energia: 225,92 Kcal / 944,35 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	8,29	2,01	0,25	12,16	12,49	2,81	1,23	6,55	1,79	41,84	55,08	15,2	7,92	8,84	0,15
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
56,37	7,99	0,04	29,89	0	1,07	6,74	0	0,39	114	0,04	28,41	28,41	0	0,58	
<b>SOUP</b>	WILD GARLIC SOUP			COLD PEACH SOUP			JUICE/MINERALWATER			EGG BARLEY SOUP			JUICE/MINERAL WATER		
	Energia: 239,46 Kcal / 1000,95 Kj			Energia: 235,27 Kcal / 983,43 Kj			Energia: 0 Kcal / 0 Kj			Energia: 211,17 Kcal / 882,67 Kj			Energia: 0 Kcal / 0 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	3,22	7,92	1	7,71	10,96	2,49	0 g	0 g	0 g	2,91	14,46	1,66	0 g	0 g	0 g
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
38,49	28,32	1,25	26,05	0	1,09	0 g	0 g	0 g	16,93	0	1,56	0 g	0 g	0 g	
<b>MAIN COURSE 1.</b>	GNOCCHI IN TOMATO SOUCE WITH STEAMED ZUCCHINI			CHICKEN "VADAS" WITH SPAGETTI AND CARROT			GYROS PLATE,FRENCH FRIES,PITA,VEGETABLES WITH YOGHURT			TIKKA MASALA WITH RICE AND SHREDDED CABBAGE			CHICKEN NUGGETS WITH BROWN RICE AND VEGETABLES		
	Energia: 643,44 Kcal / 2689,6 Kj			Energia: 345,8Kcal / 1445,46 Kj			Energia: 747,79 Kcal / 3125,74 Kj			Energia: 196,62 Kcal / 821,86 Kj			Energia: 611,66Kcal / 2556,76 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	15,41	40,42	11,77	17,46	18,03	3,32	5,86	69,65	9,95	12,92	13,85	2,04	6,36	39,58	5
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
52,27	0	1,5	27,63	14,99	2,29	23,8	0	0,13	4,84	0	3,1	56,74	0	1,99	
<b>MAIN COURSE 2.</b> <i>Vegetarian</i>	POTATO "LÁNGOS" WITH CHEESE,SOUR CREAM AND VEGETABLES			HOMINY WITH EWE'S CHEESE,VEGETABLES AND SNIDELING SOUR CREAM			FRIED VEGETABLES WITH STEAMED RICE			PEA POTTAGE WITH EGG CROCKET			PENNE WITH SMOKED CHEESE AND BROCCOLI		
	Energia: 275 Kcal / 1149,48 Kj			Energia: 160,75 Kcal / 671,93 Kj			Energia: 602,12 Kcal / 2516,88 Kj			Energia: 884,31 Kcal / 3821,82 Kj			Energia: 391,48 Kcal / 1636,39 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	8,05	25,08	9,73	3,37	10,29	2,11	15,35	21,9	2,58	14,46	64,14	8,68	15,25	12,91	5,38
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
3,92	0	0,53	13,47	0	2	85,12	0	2,1	68,51	22,48	2,86	53,1	0	3,74	

**ENJOY YOUR MEAL!**



# SECONDARY MENU | 13-18 YEARS OLD

WEEK

5

DATE

03.13.-03.17.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<b>SOUP</b>	WILD GARLIC SOUP	COLD PEACH SOUP	JUICE/MINERALWATER	EGG BARLEY SOUP	JUICE/MINERAL WATER										
	Energia: 277,74 Kcal / 1160,97 Kj			Energia: 235,27 Kcal / 983,43 Kj			Energia: 0 Kcal / 0 Kj			Energia: 256,54 Kcal / 1072,35 Kj			Energia: 0 Kcal / 0 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	3,73	9,19	1,16	7,71	10,96	2,49	0 g	0 g	0 g	3,85	16,86	1,95	0 g	0 g	0 g
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
44,64	32,85	1,45	26,05	0	1,09	0 g	0 g	0 g	21,82	0	1,83	0 g	0 g	0 g	
<b>MAIN COURSE 1.</b>	GNOCCHI IN TOMATO SOUCE WITH STEAMED ZUCCHINI	CHICKEN "VADAS" WITH SPAGETTI AND CARROT	GYROS PLATE,FRENCH FRIES,PITA,VEGETABLES WITH YOGHURT	TIKKA MASALA WITH RICE AND SHREDDED CABBAGE	FRIED CHICKEN FILET WITH BROWN RICE AND BUTTERED VEGETABLES										
	Energia:746,26 Kcal / 3119,360 Kj			Energia: 440,49Kcal / 1841,24 Kj			Energia: 1013,67 Kcal / 4237,13 Kj			Energia: 320,12 Kcal / 1338,09 Kj			Energia: 752,32 Kcal / 3144,69 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	17,87	46,89	13,66	27,86	21,75	4,2	7,85	94,31	13,73	20,75	21,24	3,13	11,19	43,07	5,62
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
60,61	0	1,58	32,37	17,38	2,4	32,49	0	0,18	10,91	0	4,75	79,01	0	2,27	
<b>MAIN COURSE 2.</b> <i>Vegetarian</i>	POTATO "LÁNGOS" WITH CHEESE,SOUR CREAM AND VEGETABLES	HOMINY WITH EWE'S CHEESE,VEGETABLES AND SNIDELING SOUR CREAM	FRIED VEGETABLES WITH STEAMED RICE	PEA POTTAGE WITH EGG CROCKET	PENNE WITH SMOKED CHEESE AND BROCCOLI										
	Energia: 275 Kcal / 1149,48 Kj			Energia: 160,75 Kcal / 671,93 Kj			Energia: 698,46Kcal / 2919,58 Kj			Energia: 1064,82 Kcal / 4450,96 Kj			Energia: 420,59 Kcal / 1758,06 Kj		
	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat	Protein	Fat	Saturated fat
	8,05	25,08	9,73	3,37	10,29	2,11	17,81	25,4	2,99	17,07	74,53	10,15	16,65	11,87	4,86
Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	Carbohydrate	Sugar	Salt	
3,92	0	0,53	13,47	0	2	98,74	0	2,44	79,94	26,07	3,34	61,29	0	3,78	

ENJOY YOUR MEAL!