

HOT MEAL MENU

23-24 Semester 2

GRADES PK3-1



Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Salad/soup	Vitamin salad/106 Kcal	Shopska salad/76 Kcal	Vitamin salad /106.6 Kcal	Cucumber salad/84 Kcal	Tomato salad/ 52 Kcal
Main Meal	Peas with roasted turkey and wholewheat bread /303 Kcal	Crispy fish with potato /183 Kcal	Roasted chicken drumsticks with rice /251Kcal	Lentils with beef meatballs and corn bread /286 Kcal	Goulash with mashed potatoes and wholewheat bread/329 Kcal
Dessert	Seasonal fruit/62 Kcal	Rice pudding/155 Kcal	Seasonal fruit/105 Kcal	Smoothie with apples, forest fruits and oat /87 Kcal	Fruit salad/62 Kcal
Total	471.6 Kcal/1973 KJ	414 Kcal /1732 KJ	472 Kcal/1974 KJ	457 Kcal/1912 KJ	443 Kcal/1854 KJ
Alergie content	gluten, sesame	lactose, fish	/	gluten	gluten, sesame
Dietary fibre	12.2 gr	3.5gr	7.6 gr	13.1 gr	11.3 gr
Carbohydrate up to 57.7 gr	37.1 gr	51.1 gr	44.9 gr	51.6 gr	47.5 gr
Protein more than 4.98 gr	20.8 gr	26.2 gr	26.8 gr	25.2 gr	15.7 gr
Fats up to 16.2 gr	13.7 gr	16.0 gr	14.7 gr	15.2 gr	14.7 gr

Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Salad/soup	Tzatziki salad/77 Kcal	Tomato salad/52 Kcal	Shopska salad/76 Kcal	Cucumber salad/84 Kcal	Cabbage salad /112 Kcal
Main Meal	Cabbage with minced beef meat and wholewheat bread /275 Kcal	Potato stew with chicken /285 Kcal	Stuffed peppers with beef and corn bread /278 Kcal	Lasagna bolognese /240 Kcal	Baked beans and corn bread /276 Kcal
Dessert	Seasonal fruit/95 Kcal	Wheat bombs /110 Kcal	Sasonal fruit/105 Kcal	Grits with rice milk and banana /150 Kcal	Fruit salad/62 Kcal
Total	447Kcal/1870 KJ	447 Kcal/1870 KJ	459 Kcal/1920 KJ	474 Kcal/1983 KJ	450 Kcal/1882 KJ
Alergie content	gluten, lactose, sesame	gluten	gluten	gluten, lactose	gluten
Dietary fibre	9.8 gr	6.5 gr	5.4 gr	5.8 gr	14.8 gr
Carbohydrate max 57.7 gr	43.5 gr	47.2 gr	45.4 gr	56.7 gr	57.7 gr
Protein more than 4.98 gr	17.5 gr	22.8 gr	29.3 gr	20.5 gr	18.4 gr
Fats max 16.2 gr	16.1 gr	15.2 gr	13.7 gr	14.4 gr	10.8 gr

Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Salad/soup	Cucumber salad/84 Kcal	Cabbage salad/112 Kcal	Tomato salad/52 Kcal	Cabbage and cucumbers salad /89 Kcal	Tomato salad/52 Kcal
Main Meal	Lentils with vegetables and wholewheat bread /257 Kcal	Musaka with potatoes and minced beef meat, corn bread/266 Kcal	Chicken drumstick with baked potatoes /283 Kcal	Peas with vegetables and wholewheat bread /270 Kcal	Crispy fish with potatoes /280 Kcal
Dessert	Seasonal fruit/105 Kcal	Carrot cake/110 Kcal	Seasonal fruit/62 Kcal	Apple pie/130 Kcal	Fruit salad/62 Kcal
Total	446Kcal/1866 KJ	488 kcal/2041 KJ	397 Kcal/1661 KJ	498 Kcal/2045 KJ	394 Kcal/1684
Alergie content	gluten, sesame	gluten, egg, lactose	gluten	gluten, egg, lactose, sesame	fish
Dietary fibre	20 gr	7.84 gr	7 gr	13.1 gr	6.2 gr
Carbohydrate max 57.7 gr	57.2 gr	41.79 gr	38 gr	57.4 gr	36.8 gr
Protein more than 4.98 gr	19.7 gr	20.89 gr	23.6 gr	16.4 gr	18.2 gr
Fats max 16.2 gr	13.9 gr	14.5 gr	11.7 gr	16.1 gr	11.7 gr

Week 4

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Salad/soup	Cucumber salad/84 Kcal	Shopska salad/76 Kcal	Cabbage salad/112 Kcal	Vitamin salad/106.6 Kcal	Cucumber salad/84 Kcal
Main Meal	Roasted turkey with rice /235 Kcal	Drumsticks with carrot, broccoli, cauliflower /228 Kcal	Baked beans and crispy fish and corn bread /279 Kcal	Potato stew with beef /267 Kcal	Rice with spinach and egg and corn bread, sour milk /275 Kcal
Dessert	Seasonal fruit/95 Kcal	Apple and dried fruit bombs /99 Kcal	Seasonal fruit/101 Kcal	Cherry cake/100 Kcal	Fruit salad/62 Kcal
Total	414 Kcal/1732 KJ	403 Kcal/1686 KJ	492 Kcal/2058 KJ	473.6 Kcal/1981 KJ	421 Kcal/1761 KJ
Alergie content	/	lactose	gluten	gluten, lactose, egg	lactose, gluten
Dietary fibre	6.1 gr	13 gr	13.7 gr	7 gr	9 gr
Carbohydrate max 57.7 gr	46.2 gr	30.7 gr	50.49 gr	40.3 gr	54.9 gr
Protein more than 4.98 gr	34.2 gr	18.5 gr	13.4 gr	16.8 gr	14.9 gr
Fats max 16.2 gr	10.9 gr	16.5 gr	16.3 gr	15.4 gr	12.9 gr