



Menu for Primary and Secondary

Meals are prepared and delivered by „WESOLA MICHA”

19.06.2023-22.06.2023

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast buffet: 3 types of cereals, lactose-free milk, apples, fruit of the day, 3 types of bread, jam without sugar, with stevia, vegetables Breakfast of the day: Poultry cold cuts + cottage cheese	Breakfast buffet: 3 types of cereals, lactose-free milk, apples, fruit of the day, 3 types of bread, jam without sugar, with stevia, vegetables Breakfast of the day: Eggs with chives + sandwiches with cheese	Breakfast buffet: 3 types of cereals, lactose-free milk, apples, fruit of the day, 3 types of bread, jam without sugar, with stevia, vegetables Breakfast of the day: Poultry sausages + baked vegetable paste	Breakfast buffet: 3 types of cereals, lactose-free milk, apples, fruit of the day, 3 types of bread, jam without sugar, with stevia, vegetables Breakfast of the day: Scrambled eggs + tuna salad	
Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens
Lunch	Lunch	Lunch	Lunch	Lunch
Spring barley soup, Penne pasta with broccoli, baked with cheese, water with lemon	Red borscht, dumplings with meat + young cabbage salad, water with lime	Broth with noodles and carrots, chicken curry + rice + spring salad, water with orange and mint	Creamy pea soup, nuggets + French fries + coleslaw salad, water with lemon and basil	
Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens 1,3,7,9	Allergens
Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack
Porridge with apple + carrot juice	Carrot salad + rice bread	Carrot juice + hummus + crispbread	French pâté sandwiches and cucumber salad	
Allergens 1,3,7	Allergens 1,3,7	Allergens 1,3,7	Allergens 1,3,7,9	Allergens
Wszystkie zupy gotowane są na wywarze z kurczaka				
The numbers of allergens occurring in meals *(The menu may also contain allergens: 6,8,10,11)				
	1. Grains containing gluten	2. Shellfish and derivatives	3. Eggs and derivatives	4. Fish and derivatives
	5. Peanuts (groundnuts)	6. Soya and derivatives	7. Milk and derivatives	8. Nuts
	9. Celeriac and derivatives	10. Charlock and derivatives	11. Sezamee seeds and derivatives	12. Sulphur dioxide