

VEGETARIAN MENU

19.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
BREAKFAST	Breakfast muesli, berry yogurt, pear, "Daugulis" muffin with pineapple pieces	gluten, nuts, dairy products, may contain eggs	~795kcal / 36g / 82g / 77g
LUNCH	Penne pasta with pesto, feta and salad	gluten, nuts, dairy products	~780 kcal / 28g / 95g / 30g
DINNER	Lentil and vegetable stew with rice, vegetable salad	sufids	~850 kcal / 32g / 120g / 18g

Daily total: ~2350 kcal per person.

20.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
BREAKFAST	Rice porridge with milk, peanut butter 30g, apple, peach jam 20g, seed mix 20g	dairy products, peanuts, soya, sezamseeds	~675kcal / 19g / 87g / 29g
LUNCH	Chickpea curry with coconut milk and rice	legumes	~900 kcal / 28g / 130g / 30g
DINNER	Roasted vegetables with halloumi cheese and couscous	gluten, dairy products, soya	~820 kcal / 35g / 90g / 32g

Daily total: ~2395 kcal per person.

21.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
BREAKFAST	Oat porridge with milk and banana, peach jam 20g, Nature Valley bar, peanuts 30g	gluten, milk, peanuts,soya	~705kcal / 21g / 101g / 26g
LUNCH	Vegetarian chili (beans, corn, tomatoes) with salad		~880 kcal / 30g / 125g / 20g
DINNER	CIDO apple juice 0,2l,cheese pastry bun 100gr,dutch cheese slices 100gr,HERKULESS muesli bar 25gr,apple slices 70gr,LAKTO lactose free yogurt 270ml	Gluten,milkt,eggs,can contain nuts	1045kcal / 44g / 95g / 54g

Daily total: ~2630 kcal per person.