

**PROTEIN MENU OFFER (meat)**

19.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
<b>BREAKFAST</b>	Breakfast muesli, berry yogurt, pear, "Daugulis" muffin with pineapple pieces	gluten, nuts, dairy products, may contain eggs, selery, soya	~795kcal / 36g / 82g / 77g
<b>LUNCH</b>	Chicken and vegetables in sweet and sour sauce with Penne pasta	Glute, eggs, soya, selery	~980kcal / 50g / 100g / 25g
<b>DINNER</b>	Mashed potatoes with beef sauce (Bolognese style), beet and cucumber salad with mayonnaise	eggs, celery, soy, milk, gluten, mustard, sulfeeds	~705 kcal / 31g / 67g / 33g

**Daily total: ~2375 kcal per person**

20.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
<b>BREAKFAST</b>	Rice porridge with milk, peanut butter 30g, apple, peach jam 20g, mixed seeds 20g	dairy products, peanuts, soya, sezamseeds	~675kcal / 19g / 87g / 29g
<b>LUNCH</b>	Pork meatballs with buckwheat and roasted mini carrots, brown sauce	gluten, eggs, soja, dairy,	~950 kcal / 60g / 100g / 28g
<b>DINNER</b>	Chicken pilaf with pikled cucumber salad	gluten, mustard eggs,	~850 kcal / 45g / 95g / 25g

**Daily total: ~2475 kcal per person**

21.06

MEAL	DISH	ALLERGENS	NUTRITIONAL VALUE (KCAL / P / C / F)
<b>BREAKFAST</b>	Oatmeal with milk and banana, peach jam 20g, Nature Valley bar, peanuts 30g	Gluten, eggs, milk, nuts, Peanuts, soja	~705kcal / 21g / 101g / 26g
<b>LUNCH</b>	Pork cutlet in tomato cream sauce with rice and salad	gluten, eggs, milk	~890 kcal / 60g / 105g / 35g
<b>DINNER</b>	CIDO Apple juice 0,2l, bacon filled pastries 200gr, HERKULESS muesli bar 25gr, apple slices 70gr, LAKTO lactose free yogurt drink 270ml	Gluten, milk, eggs, can contain nuts	1251 kcal / 36g / 133g / 64g

**Daily total: ~2956 kcal per person**