

PROTEIN MENU OFFER (meat)

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, selery, soya	~795kcal / 36g / 82g / 77g
LUNCH	Chicken and vegetables in sweet and sour sauce with Penne pasta	Glute, eggs, soya, selery	~980kcal / 50g / 100g / 25g
DINNER	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)
BREAKFAST	Rice porridge with milk, peanut butter 30g, apple, peach jam 20g, mixed seeds 20g	dairy products, peanuts	~675kcal / 19g / 87g / 29g
LUNCH	Pork meatballs with buckwheat and roasted mini carrots, brown sauce	gluten, eggs, soja, dairy,	~950 kcal / 60g / 100g / 28g
DINNER	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)
BREAKFAST	Oatmeal with milk and banana, peach jam 20g,	Gluten, eggs, milk, nuts,	~705kcal / 21g / 101g / 26g

	Nature Valley bar, peanuts 30g	Peanuts	
LUNCH	Pork cutlet in tomato cream sauce with rice and salad	gluten, eggs, milk	~890 kcal / 60g / 105g / 35g
DINNER	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