

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 | ~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.