



# MENU VEGE

03.06.2024

| Posiłek [100g]   | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny      |
|------------------|----------------|------------|-------------|-----------|----------|---------------|
| Zupa ogórkowa    | 29.9           | 0.9        | 0.9         | 4.8       | 137.1    | Seler, Gluten |
| Makaron kokardki | 348.0          | 14.6       | 1.4         | 75.0      | 8.0      | Gluten        |
| Sos pomidorowy   | 58.5           | 0.9        | 4.5         | 4.3       | 127.7    | Brak          |
| Woda mineralna   | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak          |

04.06.2024

| Posiłek [100g]          | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|-------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| Zupa porowa z grzankami | 42.0           | 1.3        | 1.8         | 6.3       | 9.3      | Seler, gluten, mleko |
| Sos słodko-kwaśny       | 92.0           | 1.2        | 0.0         | 20.2      | 347.0    | Brak                 |
| Ryż                     | 344.0          | 6.7        | 0.7         | 78.9      | 6.0      | Brak                 |
| Woda mineralna z sokiem | 20.0           | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |

05.06.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny            |
|--------------------------------|----------------|------------|-------------|-----------|----------|---------------------|
| Rosół warzywny z makaronem     | 43.8           | 4.1        | 0.4         | 6.5       | 24.3     | Seler, gluten, jaja |
| Kotlecik z kalafiora           | 98.7           | 3.7        | 6.2         | 8.0       | 34.7     | Gluten, jaja        |
| Ziemniaki z masłem i koperkiem | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko               |
| Surówka Colesław               | 78.0           | 1.3        | 2.6         | 12.4      | 23.0     | Mleko               |
| Woda mineralna                 | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                |



# MENU VEGE

06.06.2024

| Posiłek [100g]                                      | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                   |
|---|----------------|------------|-------------|-----------|----------|----------------------------|
| <b>Krem z białych warzyw z pestkami słonecznika</b> | 41.7           | 2.1        | 1.6         | 5.4       | 34.7     | Seler, gluten, jaja, mleko |
| <b>Nuggetsy z cukinii</b>                           | 121.1          | 15.4       | 1.4         | 12.2      | 172.2    | Gluten, mleko, jaja        |
| <b>Ziemniaki z masłem i koperkiem</b>               | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko                      |
| <b>Surówka wiosenna z młodej kapusty</b>            | 19.0           | 1.2        | 8.0         | 6.0       | 260.0    | Brak                       |
| <b>Woda mineralna</b>                               | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |

07.06.2024

| Posiłek [100g]                            | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                   |
|---|----------------|------------|-------------|-----------|----------|----------------------------|
| <b>Zupa pomidorowa z makaronem</b>        | 30.9           | 1.1        | 0.8         | 5.5       | 6.8      | Seler, gluten, mleko, jaja |
| <b>Filet z ryby w chrupiącej panierce</b> | 147.7          | 15.8       | 6.2         | 7.6       | 89.9     | Ryby, gluten, jaja, mleko  |
| <b>Ziemniaczki puree</b>                  | 87.7           | 2.0        | 1.6         | 16.8      | 7.3      | Mleko                      |
| <b>Surówka z kapusty kiszzonej</b>        | 19.0           | 1.2        | 8.0         | 6.0       | 260.0    | Brak                       |
| <b>Woda mineralna</b>                     | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |

10.06.2024

| Posiłek [100g]           | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|--------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| <b>Zupa jarzynowa</b>    | 42.0           | 1.3        | 1.8         | 6.3       | 9.3      | Seler, gluten, mleko |
| <b>Sos z soczewicy</b>   | 89.3           | 5.92       | 4.46        | 6.4       | 70.0     | Gluten, jaja, seler  |
| <b>Makaron spaghetti</b> | 27.7           | 6.0        | 0.9         | 30.8      | 1.2      | Brak                 |
| <b>Woda mineralna</b>    | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |



# MENU VEGE

11.06.2024

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny               |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|------------------------|
| <b>Rosół warzywny<br/>z makaronem</b> | 43.8              | 4.1           | 0.4            | 6.5          | 24.3        | Seler, gluten,<br>jaja |
| <b>Gulasz warzywny</b>                | 79.0              | 3.4           | 1.0            | 15.3         | 19.3        | Seler, Gluten, Mleko   |
| <b>Kasza bulgur</b>                   | 342.0             | 12.3          | 1.3            | 75.9         | 17.0        | Gluten                 |
| <b>Ogórek kiszony</b>                 | 12.0              | 1.0           | 0.1            | 1.9          | 703.0       | Brak                   |
| <b>Woda mineralna</b>                 | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                   |

12.06.2024

| Posiłek<br>[100g]                                      | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                      |
|--|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| <b>Zupa krem z kalafiora<br/>Z groszkiem ptysiowym</b> | 41.7              | 2.1           | 1.6            | 5.4          | 34.7        | Seler, gluten, jaja,<br>mleko |
| <b>Medalion warzywny</b>                               | 195.3             | 5.2           | 6.5            | 30.5         | 61.3        | Mleko, Gluten                 |
| <b>Ziemniaki z<br/>masłem i koperkiem</b>              | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko                         |
| <b>Surówka z selera<br/>z brzoskwinia</b>              | 53.5              | 1.4           | 2.3            | 8.9          | 69.3        | Seler                         |
| <b>Woda mineralna z sokiem</b>                         | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                          |

13.06.2024

| Posiłek<br>[100g]                                | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|--|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa z botwiny</b>                            | 22.9              | 2.6           | 0.2            | 4.5          | 22.4        | Seler, gluten, mleko |
| <b>Pulpeciki owsiane<br/>w sosie pomidorowym</b> | 161.0             | 8.4           | 6.3            | 18.6         | 17.9        | Mleko, Gluten, Jaja  |
| <b>Ziemniaczki</b>                               | 87.7              | 2.0           | 1.6            | 16.8         | 7.3         | Mleko                |
| <b>Brokuł na parze</b>                           | 65.5              | 2.0           | 1.0            | 10.0         | 10.1        | Brak                 |
| <b>Woda mineralna</b>                            | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                 |



# MENU VEGE

14.06.2024

| Posiłek<br>[100g]              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|--------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Zupa pomidorowa z ryżem</b> | 20.1              | 0.6           | 0.7            | 3.3          | 8.7         | Seler, gluten       |
| <b>Naleśniki z serem</b>       | 134.0             | 11.9          | 1.9            | 18.0         | 42.6        | Jaja, Gluten, mleko |
| <b>Woda mineralna</b>          | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                |

17.06.2024

| Posiłek<br>[100g]                  | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Krupnik z kaszy jęczmiennej</b> | 111.3             | 2.6           | 2.2            | 22.5         | 61.1        | Seler, gluten |
| <b>Sos arrabbiata</b>              | 45.5              | 2.8           | 1.7            | 7.6          | 76.3        | Brak          |
| <b>Makaron penne</b>               | 348.0             | 14.6          | 1.4            | 75.0         | 8.0         | Gluten        |
| <b>Woda mineralna</b>              | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak          |

18.06.2024

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Rosół warzywny z makaronem</b> | 43.8              | 4.1           | 0.4            | 6.5          | 24.3        | Seler, gluten, jaja |
| <b>Gulasz węgierski</b>           | 201.3             | 8.6           | 5.9            | 30.7         | 56.5        | Gluten, mleko, jaja |
| <b>Pyzy</b>                       | 249.7             | 7.0           | 3.3            | 46.8         | 1.2         | Brak                |
| <b>Woda mineralna</b>             | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                |



# MENU VEGE

19.06.2024

| Posiłek<br>[100g]                         | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                      |
|---|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| <b>Zupa pomidorowa<br/>z makaronem</b>    | 30.9              | 1.1           | 0.8            | 5.5          | 6.8         | Seler, gluten, mleko,<br>jaja |
| <b>Kotlecik z brokuła</b>                 | 98.7              | 3.7           | 6.2            | 8.0          | 34.7        | Gluten, jaja                  |
| <b>Ziemniaki z<br/>masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko                         |
| <b>Salátka z buraków</b>                  | 68.3              | 1.6           | 2.2            | 10.5         | 270.8       | Brak                          |
| <b>Woda mineralna</b>                     | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                          |

20.06.2024

| Posiłek<br>[100g]                         | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|---|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Barszcz zabieleny<br/>Z makaronem</b>  | 30.7              | 1.1           | 13.4           | 4.8          | 146.9       | Jaja, gluten, mleko |
| <b>Kotlecik z czerwonej fasoli</b>        | 240.0             | 6.2           | 15.3           | 16.8         | 20.3        | Mleko, gluten       |
| <b>Ziemniaki z masłem i<br/>koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko               |
| <b>Surówka z marchewki<br/>Z ananasem</b> | 72.0              | 1.0           | 0.0            | 18.0         | 10.0        | Mleko               |
| <b>Woda mineralna z sokiem</b>            | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                |

21.06.2024

| Posiłek<br>[100g]                              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                      |
|--|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| <b>Krem brokułowy</b>                          | 41.7              | 2.1           | 1.6            | 5.4          | 34.7        | Seler, gluten, jaja,<br>mleko |
| <b>Paluszki rybne</b>                          | 147.7             | 15.8          | 6.2            | 7.6          | 89.9        | Ryby, gluten, jaja,<br>mleko  |
| <b>Ziemniaki puree</b>                         | 87.7              | 2.0           | 1.6            | 16.8         | 7.3         | Mleko                         |
| <b>Surówka z kapusty młodej<br/>z jogurtem</b> | 50.5              | 1.7           | 2.2            | 7.2          | 10.1        | Brak                          |
| <b>Woda mineralna</b>                          | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                          |



# MENU VEGE

24.06.2024

| Posiłek [100g]                       | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|--------------------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| <b>Kapuśniak ze słodkiej kapusty</b> | 52.9           | 5.6        | 0.5         | 7.5       | 192.4    | Seler, Gluten, mleko |
| <b>Pierogi z serem i masłem</b>      | 205.2          | 12.0       | 10.0        | 17.1      | 11.2     | Jaja, Gluten, mleko  |
| <b>Woda mineralna</b>                | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |

25.06.2024

| Posiłek [100g]                    | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny            |
|-----------------------------------|----------------|------------|-------------|-----------|----------|---------------------|
| <b>Rosół warzywny z makaronem</b> | 43.8           | 4.1        | 0.4         | 6.5       | 24.3     | Seler, gluten, jaja |
| <b>Kotlecik z brokuła</b>         | 98.7           | 3.7        | 6.2         | 8.0       | 34.7     | Gluten, jaja        |
| <b>Ziemniaki puree</b>            | 87.7           | 2.0        | 1.6         | 16.8      | 7.3      | Mleko               |
| <b>Kapusta młoda zasmażana</b>    | 50.5           | 1.7        | 2.2         | 7.2       | 10.1     | Brak                |
| <b>Woda mineralna</b>             | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                |

26.06.2024

| Posiłek [100g]                         | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|--|----------------|------------|-------------|-----------|----------|----------------------|
| <b>Krem z cukinii Z grzankami</b>      | 45.5           | 4.1        | 0.4         | 6.5       | 24.3     | Seler, mleko, gluten |
| <b>Tofu w sosie potrawkowym</b>        | 172.8          | 8.5        | 11.1        | 9.9       | 17.0     | Gluten, mleko        |
| <b>Ryż</b>                             | 344.0          | 6.7        | 0.7         | 78.9      | 6.0      | Brak                 |
| <b>Marchewka zasmażana Z maselkiem</b> | 33.0           | 1.0        | 0.2         | 5.1       | 0.2      | Brak                 |
| <b>Woda mineralna</b>                  | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |



# MENU VEGE

27.06.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                   |
|--------------------------------|----------------|------------|-------------|-----------|----------|----------------------------|
| Zupa marchewkowa               | 73.1           | 2.2        | 4.0         | 8.0       | 90.7     | Seler, gluten, mleko, jaja |
| Stripsy warzywne               | 193.9          | 14.1       | 11.2        | 9.6       | 0.6      | Gluten                     |
| Ziemniaki z masłem i koperkiem | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko                      |
| Surówka porowa                 | 108.0          | 2.3        | 7.6         | 8.4       | 23.0     | Mleko                      |
| Woda mineralna z sokiem        | 20.0           | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |

28.06.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                   |
|--------------------------------|----------------|------------|-------------|-----------|----------|----------------------------|
| Zupa pomidorowa z makaronem    | 30.9           | 1.1        | 0.8         | 5.5       | 6.8      | Seler, gluten, mleko, jaja |
| Surimi                         | 112.3          | 7.2        | 0.9         | 18.2      | 50.2     | Gluten, jaja, Mleko, Ryba  |
| Ziemniaki z masłem i koperkiem | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko                      |
| Surówka z kapusty kiszonej     | 19.0           | 1.2        | 8.0         | 6.0       | 260.0    | Brak                       |
| Woda mineralna                 | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |