



# MENU VEGE

01.10.2024

| 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>Gulasz warzywny</b>            | 79.0           | 3.4        | 1.0         | 15.3      | 19.3     | Seler, Gluten, Mleko |
| <b>Kasza gryczana</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                 |

02.10.2024

| Posiłek [100g]  | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny      |
|---|----------------|------------|-------------|-----------|----------|---------------|
| <b>Zupa dyniowa z pestkami dyni</b>                   | 33.8           | 1.1        | 1.4         | 4.5       | 24.3     | Gluten, mleko |
| <b>Kotlecik z kaszy jęczmiennej</b>                   | 95.0           | 16.2       | 1.3         | 4.8       | 40.3     | Mleko, gluten |
| <b>Ziemniaki z masłem i koperkiem</b>                 | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko         |
| <b>Surówka z białej kapusty z jogurtem i ogórkiem</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          |

03.10.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny            |
|--------------------------------|----------------|------------|-------------|-----------|----------|---------------------|
| <b>Barszcz ukraiński</b>       | 30.7           | 1.1        | 13.4        | 4.8       | 146.9    | Jaja, gluten, mleko |
| <b>Kotlet z kalafiora</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>Surówka Colesław</b>        | 78.0           | 1.3        | 2.6         | 12.4      | 23.0     | Mleko               |
| <b>Woda mineralna z sokiem</b> | 20.0           | 0.0        | 0.0         | 0.0       | 1.0      | Brak                |



# MENU VEGE

04.10.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                  |
|--------------------------------|----------------|------------|-------------|-----------|----------|---------------------------|
| Zupa pomidorowa z ryżem        | 20.1           | 0.6        | 0.7         | 3.3       | 8.7      | Seler, gluten             |
| Filecik panierowany z ryby     | 147.7          | 15.8       | 6.2         | 7.6       | 89.9     | Ryby, gluten, jaja, mleko |
| 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 z sokiem        | 20.0           | 0.0        | 0.0         | 0.0       | 1.0      | Brak                      |

07.10.2024

| 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 |
| Sos z soczewicy   | 89.3           | 5.92       | 4.46        | 6.4       | 70.0     | Gluten, seler |
| Makaron spaghetti | 27.7           | 6.0        | 0.9         | 30.8      | 1.2      | Brak          |
| Woda mineralna    | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak          |

08.10.2024

| 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 |
| Pulpeciki warzywne w sosie koperkowym | 161.0          | 8.4        | 6.3         | 18.6      | 17.9     | Gluten, jaja        |
| Ryż                                   | 344.0          | 6.7        | 0.7         | 78.9      | 6.0      | Brak                |
| Marchewka z groszkiem                 | 68.6           | 1.0        | 4.3         | 8.3       | 78.4     | Mleko               |
| Woda mineralna                        | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                |



# MENU VEGE

09.10.2024

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Zupa grochowa</b>                  | 42.0              | 1.3           | 1.8            | 6.3          | 9.3         | 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 koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko         |
| <b>Marchewka z ananase</b>            | 72.0              | 1.0           | 0.0            | 18.0         | 10.0        | Brak          |
| <b>Woda mineralna z sokiem</b>        | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak          |

10.10.2024

| Posiłek<br>[100g]                 | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                   |
|-----------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| <b>Krem z brokuła z grzankami</b> | 41.7              | 2.1           | 1.6            | 5.4          | 34.7        | Seler, gluten, jaja, mleko |
| <b>Strogonow warzywny</b>         | 75.3              | 6.4           | 1.7            | 10.6         | 65.9        | Jaja, Gluten, mleko        |
| <b>Kluski półfrancuskie</b>       | 129.7             | 2.0           | 0.2            | 31.4         | 6.2         | Brak                       |
| <b>Woda mineralna</b>             | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                       |

11.10.2024

| Posiłek<br>[100g]                      | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                   |
|--|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| <b>Zupa pomidorowa z makaronem</b>     | 30.9              | 1.1           | 0.8            | 5.5          | 6.8         | Seler, gluten, mleko, jaja |
| <b>Naleśniki z serem i truskawkami</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                       |



# MENU VEGE

14.10.2024

| Posiłek [100g]          | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|-------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| Zupa jesienna           | 42.0           | 1.3        | 1.8         | 6.3       | 9.3      | Seler, gluten, mleko |
| Pierogi ruskie z okrasą | 205.2          | 12.0       | 10.0        | 17.1      | 11.2     | Jaja, Gluten, mleko  |
| Woda mineralna          | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |

15.10.2024

| 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 brokuła          | 98.7           | 3.7        | 6.2         | 8.0       | 34.7     | Gluten, jaja        |
| Ziemniaki puree             | 87.7           | 2.0        | 1.6         | 16.8      | 7.3      | Mleko               |
| Surówka z czerwonej kapusty | 50.5           | 1.7        | 2.2         | 7.2       | 10.1     | Brak                |
| Woda mineralna              | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                |

16.10.2024

| Posiłek [100g]                 | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny     |
|--------------------------------|----------------|------------|-------------|-----------|----------|--------------|
| Zupa kalafiorowa               | 25.4           | 1.3        | 0.5         | 4.6       | 16.0     | Seler, mleko |
| Nuggetsy z cukinii             | 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        |
| Mix warzyw na parze            | 65.5           | 2.0        | 1.0         | 10.0      | 10.1     | Brak         |
| Woda mineralna                 | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak         |



# MENU VEGE

17.10.2024

| 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>Gulasz warzywny</b>             | 79.0           | 3.4        | 1.0         | 15.3      | 19.3     | Seler, Gluten, Mleko       |
| <b>Pyzy</b>                        | 249.7          | 7.0        | 3.3         | 46.8      | 1.2      | Brak                       |
| <b>Buraczki z cebulą</b>           | 68.3           | 1.6        | 2.2         | 10.5      | 270.8    | Brak                       |
| <b>Woda mineralna z sokiem</b>     | 20.0           | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |

18.10.2024

| Posiłek [100g]                              | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny                  |
|---|----------------|------------|-------------|-----------|----------|---------------------------|
| <b>Barszcz zabieleny</b>                    | 30.7           | 1.1        | 13.4        | 4.8       | 146.9    | Jaja, gluten, mleko       |
| <b>Kostka rybna</b>                         | 147.7          | 15.8       | 6.2         | 7.6       | 89.9     | Ryby, gluten, jaja, mleko |
| <b>Ziemniaki z masłem i koperkiem</b>       | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko                     |
| <b>Surówka z białej kapusty z marchewką</b> | 32.7           | 1.7        | 4.2         | 16.7      | 6.2      | Mleko                     |
| <b>Woda mineralna</b>                       | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                      |

21.10.2024

| Posiłek [100g]            | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny             |
|---------------------------|----------------|------------|-------------|-----------|----------|----------------------|
| <b>Zupka ziemniaczana</b> | 42.0           | 1.3        | 1.8         | 6.3       | 9.3      | Seler, gluten, mleko |
| <b>Makaron spaghetti</b>  | 27.7           | 6.0        | 0.9         | 30.8      | 1.2      | Brak                 |
| <b>sos carbonara</b>      | 150.5          | 11.0       | 5.2         | 16.5      | 220.4    | Jaja, Gluten, mleko  |
| <b>Woda mineralna</b>     | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                 |



# MENU VEGE

22.10.2024

| Posiłek<br>[100g]                                    | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                   |
|--|-------------------|---------------|----------------|--------------|-------------|----------------------------|
| <b>Krem z zielonych warzyw z groszkiem ptysiowym</b> | 41.7              | 2.1           | 1.6            | 5.4          | 34.7        | Seler, gluten, jaja, mleko |
| <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</b>                           | 33.0              | 1.0           | 0.2            | 5.1          | 0.2         | Brak                       |
| <b>Woda mineralna z sokiem</b>                       | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                       |

23.10.2024

| Posiłek<br>[100g]                    | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|--------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Kapuśniak ze słodkiej kapusty</b> | 52.9              | 5.6           | 0.5            | 7.5          | 192.4       | Seler, Gluten, mleko |
| <b>Zrazik warzywny</b>               | 161.0             | 8.4           | 6.3            | 18.6         | 17.9        | Gluten, jaja         |
| <b>Ziemniaki</b>                     | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko                |
| <b>Brokuł na parze</b>               | 26.0              | 2.2           | 0.4            | 2.4          | 0.1         | Brak                 |
| <b>Woda mineralna</b>                | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                 |

24.10.2024

| 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>Kuleczki z kaszy bulgur</b>        | 174.0             | 19.7          | 5.7            | 13.9         | 30.0        | Mleko, Gluten, Jaja |
| <b>Ziemniaki z masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.4         | 6.2         | Mleko               |
| <b>Surówka Królewska</b>              | 120.3             | 1.6           | 2.2            | 8.5          | 70.8        | Brak                |
| <b>Woda mineralna</b>                 | 0.0               | 0.0           | 0.0            | 0.0          | 1.0         | Brak                |



# MENU VEGE

25.10.2024

| 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>Leczo warzywne z cukinią</b>    | 58.5           | 0.9        | 4.5         | 4.3       | 127.7    | Mleko                      |
| <b>Kasza bulgur</b>                | 342.0          | 12.3       | 1.3         | 75.9      | 17.0     | Gluten                     |
| <b>Woda mineralna</b>              | 0.0            | 0.0        | 0.0         | 0.0       | 1.0      | Brak                       |

28.10.2024

| Posiłek [100g]                     | Energia [kcal] | Białko [g] | Tłuszcz [g] | Węgl. [g] | Sód [mg] | Alergeny      |
|------------------------------------|----------------|------------|-------------|-----------|----------|---------------|
| <b>Krupnik z kaszy jęczmiennej</b> | 111.3          | 2.6        | 2.2         | 22.5      | 61.1     | Seler, gluten |
| <b>Sos pomidorowy</b>              | 58.5           | 0.9        | 4.5         | 4.3       | 127.7    | Brak          |
| <b>Makaron kokardki</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          |

29.10.2024

| 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>Gulasz warzywny</b>            | 79.0           | 3.4        | 1.0         | 15.3      | 19.3     | Seler, Gluten, Mleko |
| <b>Ziemniaczki</b>                | 109.7          | 2.0        | 4.2         | 16.4      | 6.2      | Mleko                |
| <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                 |



# MENU VEGE

30.10.2024

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Krem z cukinii<br/>Z grzankami</b> | 45.5              | 4.1           | 0.4            | 6.5          | 24.3        | Seler, mleko, gluten |
| <b>Kotlecik z marchewki</b>           | 68.6              | 1.0           | 4.3            | 8.3          | 78.4        | Mleko                |
| <b>Ziemniaki puree</b>                | 87.7              | 2.0           | 1.6            | 16.8         | 7.3         | Mleko                |
| <b>Kapusta kiszona 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                 |

31.10.2024

| 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>Kotlet z kalafiora</b>                 | 98.7              | 3.7           | 6.2            | 8.0          | 34.7        | Gluten, jaja  |
| <b>Ziemniaki z masłem i<br/>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          |