



# MENU VEGE

## 01.09.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]                  | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa jesienna</b>               | 42.0              | 1.3           | 1.8            | 6.3          | 49.3        | Gluten, mleko, seler |
| <b>Gulasz warzywny</b>             | 199.3             | 5.6           | 4.1            | 29.3         | 56.5        | Gluten               |
| <b>Kasza bulgur</b>                | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten               |
| <b>Surówka z ogórkiem kiszonym</b> | 19.0              | 1.2           | 8.0            | 6.2          | 192.2       | Brak                 |
| <b>Woda mineralna</b>              | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |

## 02.09.2025 WTOREK

| Posiłek<br>[100g]        | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|--------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa ogórkowa</b>     | 29.9              | 0.9           | 0.9            | 4.8          | 61.1        | Gluten, mleko, seler |
| <b>Makaron spaghetti</b> | 110.1             | 5.0           | 0.9            | 20.8         | 5.2         | Gluten, jaja         |
| <b>Sos z soczewicy</b>   | 82.1              | 12.4          | 5.3            | 7.1          | 70.0        | Brak                 |
| <b>Woda mineralna</b>    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |

## 03.09.2025 ŚRODA

| 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              | 1.6           | 1.8            | 4.5          | 50.3        | Gluten, jaja, seler |
| <b>Kotlet mielony</b>                 | 293.3             | 14.4          | 23.3           | 7.6          | 73.9        | Gluten, jaja        |
| <b>Ziemniaki z masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko               |
| <b>Surówka z białej kapusty</b>       | 19.0              | 1.2           | 8.0            | 6.0          | 18.0        | Brak                |
| <b>Woda mineralna</b>                 | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 04.09.2025 CZWARTEK

| Posiłek<br>[100g]                     | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|---------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Krem z cukinii z grzankami</b>     | 40.7              | 2.1           | 1.6            | 5.2          | 44.7        | Gluten, mleko, seler |
| <b>Nuggetsy z bakłażana</b>           | 121.4             | 9.2           | 9.9            | 11.2         | 119.2       | Gluten, jaja         |
| <b>Ziemniaki puree</b>                | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko                |
| <b>Surówka z marchewki z ananasem</b> | 72.0              | 1.0           | 0.0            | 18.0         | 10.2        | Brak                 |
| <b>Woda z sokiem</b>                  | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                 |



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## 05.09.2025 PIĄTEK

| 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>     | 24.1              | 0.6           | 0.7            | 5.3          | 37.7        | Gluten, jaja, mleko,<br>seler |
| <b>Filet z mintaja<br/>w sosie greckim</b> | 141.7             | 16.3          | 9.1            | 9.7          | 72.9        | Gluten, jaja, mleko           |
| <b>Ryż paraboliczny</b>                    | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak                          |
| <b>Woda mineralna</b>                      | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                          |

## 08.09.2025 PONIEDZIAŁEK

| 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> | 101.3             | 2.6           | 2.2            | 12.5         | 161.1       | Gluten, mleko, seler |
| <b>Makaron kokardki</b>            | 157.1             | 5.6           | 1.4            | 27.8         | 5.1         | Gluten, jaja         |
| <b>Sos pomidorowy</b>              | 58.5              | 0.9           | 0.5            | 7.3          | 160.2       | Mleko, seler         |
| <b>Woda mineralna</b>              | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |

## 09.09.2025 WTOREK

| Posiłek<br>[100g]                               | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                      |
|-------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| <b>Rosół z makaronem</b>                        | 43.8              | 1.6           | 1.8            | 4.5          | 50.3        | Gluten, jaja, seler           |
| <b>Pulpety z brokuła<br/>w sosie koperkowym</b> | 185.4             | 18.9          | 2.4            | 1.3          | 0.5         | Gluten, mleko, jaja,<br>seler |
| <b>Kasza kuskus</b>                             | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten                        |
| <b>Marchewka bebe</b>                           | 26.0              | 2.2           | 0.4            | 2.4          | 0.1         | Gluten, mleko                 |
| <b>Woda mineralna</b>                           | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                          |

## 10.09.2025 ŚRODA

| Posiłek<br>[100g]                                | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|--------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Zupa pieczarkowa<br/>z warzywami</b>          | 55.5              | 2.4           | 3.4            | 4.5          | 50.3        | Gluten, mleko |
| <b>Kotlet z cukinii</b>                          | 121.4             | 9.2           | 9.9            | 11.2         | 119.2       | Gluten, jaja  |
| <b>Ziemniaki puree</b>                           | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko         |
| <b>Kapusta kiszona zasmażana<br/>z koperkiem</b> | 19.0              | 1.2           | 8.0            | 6.0          | 100.6       | Brak          |
| <b>Woda mineralna</b>                            | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak          |



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## 11.09.2025 CZWARTEK

| Posiłek<br>[100g]                             | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|-----------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa pomidorowa<br/>z ryżem</b>            | 30.9              | 1.1           | 0.8            | 5.5          | 32.8        | Gluten, mleko, seler |
| <b>Kulka warzywna w sosie<br/>pomidorowym</b> | 185.4             | 18.9          | 2.4            | 1.3          | 0.5         | Gluten, mleko        |
| <b>Pyzy</b>                                   | 249.2             | 7.0           | 3.3            | 46.8         | 7.2         | Gluten, jaja         |
| <b>Salatka z buraczków</b>                    | 68.3              | 1.6           | 2.2            | 10.5         | 270.8       | Brak                 |
| <b>Woda mineralna</b>                         | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |

## 12.09.2025 PIĄTEK

| 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>         | 50.8              | 1.8           | 1.4            | 6.9          | 47.9        | Mleko, gluten, jaja,<br>seler |
| <b>Kostka z fileta z mintaja</b>                 | 147.2             | 15.8          | 7.1            | 7.2          | 82.9        | Gluten, jaja, mleko,<br>ryba  |
| <b>Ziemniaki z wody<br/>z masłem i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko                         |
| <b>Surówka z kapusty kiszzonej</b>               | 19.0              | 1.2           | 8.0            | 6.0          | 130.1       | Brak                          |
| <b>Woda z sokiem</b>                             | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                          |

## 15.09.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]                                           | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny                      |
|-------------------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|-------------------------------|
| <b>Zupa kalafiorowa<br/>z ziemniakami</b>                   | 25.4              | 1.3           | 0.5            | 4.6          | 36.0        | Gluten, mleko                 |
| <b>Sos carbonara z białych<br/>warzyw z makaronem penne</b> | 310.5             | 24.1          | 9.2            | 18.5         | 102.0       | Gluten, mleko, jaja,<br>seler |
| <b>Woda mineralna</b>                                       | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                          |

## 16.09.2025 WTOREK

| Posiłek<br>[100g]                       | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-----------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Rosół z makaronem</b>                | 43.8              | 1.6           | 1.8            | 4.5          | 50.3        | Gluten, jaja, seler |
| <b>Tofu w potrawce</b>                  | 91.2              | 11.4          | 3.2            | 11.8         | 0.7         | Gluten, mleko       |
| <b>Ryż paraboliczny</b>                 | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak                |
| <b>Marchewka zasmażana<br/>z masłem</b> | 26.0              | 2.2           | 0.4            | 2.4          | 0.1         | Brak                |
| <b>Woda mineralna</b>                   | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |



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## 17.09.2025 ŚRODA

| Posiłek<br>[100g]                              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny      |
|------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------|
| <b>Krem marchewkowo-porowy<br/>z grzankami</b> | 43.4              | 5.1           | 2.1            | 5.4          | 39.7        | Gluten, mleko |
| <b>Medalion z buraka</b>                       | 82.1              | 8.2           | 1.8            | 4.8          | 40.3        | Gluten        |
| <b>Ziemniaki z masłem<br/>i koperkiem</b>      | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko         |
| <b>Surówka z selera<br/>z brzoskwinia</b>      | 55.0              | 1.4           | 2.3            | 8.9          | 69.6        | Seler, gluten |
| <b>Woda mineralna</b>                          | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak          |

## 18.09.2025 CZWARTEK

| Posiłek<br>[100g]                              | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Żurek śląski z jajkiem</b>                  | 55.4              | 2.0           | 3.3            | 4.4          | 127.0       | Gluten, mleko, seler |
| <b>Placki z cukinii<br/>z serem i śmietaną</b> | 121.4             | 9.2           | 9.9            | 11.2         | 119.2       | Gluten, jaja         |
| <b>Woda z sokiem</b>                           | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                 |

## 19.09.2025 PIĄTEK

| 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>   | 24.1              | 0.6           | 0.7            | 5.3          | 37.7        | Gluten, jaja, mleko,<br>seler |
| <b>Pierogi z serem<br/>i truskawkami</b> | 210.2             | 18.0          | 11.1           | 16.1         | 9.8         | Gluten, mleko, jaja           |
| <b>Sos owocowy</b>                       | 260               | 0.1           | 0.3            | 64.2         | 0.1         | Mleko                         |
| <b>Woda mineralna</b>                    | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                          |

## 22.09.2025 PONIEDZIAŁEK

| Posiłek<br>[100g]                                  | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|----------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa serowa<br/>z szczypiorkiem i grzankami</b> | 122.9             | 6.4           | 10.2           | 3.3          | 52.4        | Gluten, mleko, seler |
| <b>Sos słodko kwaśny z cukinii</b>                 | 139.4             | 9.8           | 4.6            | 21.3         | 311.2       | Gluten, seler        |
| <b>Ryż paraboliczny</b>                            | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak                 |
| <b>Woda mineralna</b>                              | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |



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## 23.09.2025 WTOREK

| Posiłek<br>[100g]                         | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|-------------------------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| <b>Rosół z makaronem</b>                  | 43.8              | 1.6           | 1.8            | 4.5          | 50.3        | Gluten, jaja, seler |
| <b>Kotlecik z kalafiora</b>               | 195.3             | 16.3          | 11.3           | 7.8          | 62.9        | Gluten, jaja        |
| <b>Ziemniaki z masłem<br/>i koperkiem</b> | 109.7             | 2.0           | 4.2            | 16.1         | 20.2        | Mleko               |
| <b>Surówka z białej kapusty</b>           | 19.0              | 1.2           | 8.0            | 6.0          | 18.0        | Brak                |
| <b>Woda mineralna</b>                     | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |

## 24.09.2025 ŚRODA

| Posiłek<br>[100g]                               | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|-------------------------------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Krem brokułowy<br/>z groszkiem ptysiowym</b> | 330.0             | 9.1           | 15.9           | 37.1         | 1.3         | Gluten, mleko, seler |
| <b>Bakłażan w sosie serowym</b>                 | 121.3             | 14.2          | 5.3            | 6.6          | 76.3        | Mleko, gluten, jaja  |
| <b>Gnochii</b>                                  | 127.7             | 3.6           | 1.0            | 26.8         | 17.3        | Gluten, jaja, mleko  |
| <b>Woda mineralna</b>                           | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |

## 25.09.2025 CZWARTEK

| Posiłek<br>[100g]          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny             |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|----------------------|
| <b>Zupa szabelkowa</b>     | 41.0              | 1.6           | 5.8            | 8.3          | 45.3        | Gluten, mleko, seler |
| <b>Cukinia panierowana</b> | 121.4             | 9.2           | 9.9            | 11.2         | 119.2       | Gluten, jaja         |
| <b>Ziemniaki puree</b>     | 87.7              | 2.0           | 1.6            | 16.8         | 27.3        | Mleko                |
| <b>Surówka Colesław</b>    | 78.0              | 1.3           | 2.6            | 12.4         | 23.0        | Mleko, jaja          |
| <b>Woda z sokiem</b>       | 20.0              | 0.0           | 0.0            | 0.0          | 1.0         | Brak                 |

## 26.09.2025 PIĄTEK

| 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          | 32.8        | Gluten, mleko, seler |
| <b>Naleśniki z serem</b>               | 134.0             | 11.9          | 1.9            | 18.0         | 42.6        | Mleko, gluten, jaja  |
| <b>Polewa owocowa</b>                  | 161.8             | 0.1           | 00.7           | 36.7         | 2.7         | Mleko                |
| <b>Woda mineralna</b>                  | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                 |



# MENU VEGE

## 29.09.2025 Poniedziałek

| Posiłek<br>[100g]          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|----------|
| Kapuśniak z młodej kapusty | 62.9              | 5.4           | 3.2            | 4.9          | 142.4       | Seler    |
| Gulasz warzywny z papryką  | 189.1             | 3.1           | 6.9            | 32.2         | 56.5        | Gluten   |
| Kasza gryczana             | 102.0             | 2.3           | 0.3            | 25.9         | 1.0         | Gluten   |
| Ogórek kiszony             | 19.0              | 1.2           | 8.0            | 6.2          | 192.2       | Brak     |
| Woda mineralna             | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak     |

## 30.09.2025 PIĄTEK

| Posiłek<br>[100g]          | Energia<br>[kcal] | Białko<br>[g] | Tłuszcz<br>[g] | Węgl.<br>[g] | Sód<br>[mg] | Alergeny            |
|----------------------------|-------------------|---------------|----------------|--------------|-------------|---------------------|
| Rosół warzywny z makaronem | 43.8              | 1.6           | 1.8            | 4.5          | 50.3        | Gluten, jaja, seler |
| Mix warzyw na parze        | 65.5              | 2.0           | 1.0            | 10.0         | 10.1        | Brak                |
| Ryż paraboliczny           | 124.1             | 2.7           | 0.7            | 28.9         | 6.0         | Brak                |
| Sos tzatziki               | 85.0              | 3.2           | 5.7            | 6.0          | 10.0        | Meko                |
| Woda mineralna             | 0.0               | 0.0           | 0.0            | 0.0          | 0.0         | Brak                |