

## Menu dla Szkoły Podstawowej nr 4

| Data       | Dzień               | Obiad                                    | Duży   | Mały   | Alergeny          |
|------------|---------------------|--|--------|--------|-------------------|
| 27.01.2020 | <b>Poniedziałek</b> | Zupa soczewicowo – grochowa              | 350 g  | 300 g  | 1,5,6,7,8,9,10,11 |
|            |                     | Kurczak w sosie serowym                  | 120 g  | 70 g   | 5,8,9,10,11,13    |
|            |                     | Makaron muszelki                         | 150 g  | 100 g  | 13                |
|            |                     | Surówka z kapusty pekińskiej z marchewką | 150 g  | 100 g  | 3,7               |
|            |                     | Kompot                                   | 200 ml | 200 ml |                   |
|            |                     |  |        |        |                   |

|            |               |                 |        |        |                  |
|------------|---------------|-----------------|--------|--------|------------------|
| 28.01.2020 | <b>Wtorek</b> | Zupa brokułowa  | 350 g  | 300 g  | 1,5,8,10,11,13,9 |
|            |               | Pieczeń rzymska | 120 g  | 70 g   | 3,9,             |
|            |               | Ziemniaki       | 150 g  | 100 g  | 7                |
|            |               | Ogórek kiszony  | 150 g  | 100 g  |                  |
|            |               | Kompot          | 200 ml | 200 ml |                  |
|            |               |                 |        |        |                  |

|            |              |                             |        |        |                  |  |
|------------|--------------|-----------------------------|--------|--------|------------------|--|
| 29.01.2020 | <b>Środa</b> | Zupa pomidorowa z makaronem | 350 g  | 300 g  | 1,5,8,10,11,13,9 |  |
|            |              | Placki ziemniaczane         | 400 g  | 250 g  | 1,5,8,10,11,13,9 |  |
|            |              | Jabłko                      |        |        |                  |  |
|            |              | Kompot                      | 200 ml | 200 ml |                  |  |
|            |              |                             |        |        |                  |  |
|            |              |                             |        |        |                  |  |

|            |                 |                  |        |        |                    |
|------------|-----------------|------------------|--------|--------|--------------------|
| 30.01.2020 | <b>Czwartek</b> | Zupa pieczarkowa | 350 g  | 300 g  | 1,5,8,10,11,13,9   |
|            |                 | Bitka schabowa   | 120 g  | 70 g   | 1,5,8,10,11,13,9,3 |
|            |                 | Kasza gryczana   | 150 g  | 100 g  |                    |
|            |                 | Buraczki         | 150 g  | 100 g  |                    |
|            |                 | Kompot           | 200 ml | 200 ml |                    |
|            |                 |                  |        |        |                    |

|            |               |                         |        |        |                  |
|------------|---------------|-------------------------|--------|--------|------------------|
| 31.01.2020 | <b>Piątek</b> | Zupa kartoflanka        | 350 g  | 300 g  | 1,5,8,10,11,13,9 |
|            |               | Ryba w panierce         | 120 g  | 70 g   | 1,3,4,7          |
|            |               | Ziemniaki               | 200 g  | 150 g  | 7                |
|            |               | Mini marchewka gotowana | 150 g  | 100 g  | 3,7              |
|            |               | Kompot                  | 200 ml | 200 ml |                  |
|            |               |                         |        |        |                  |