



SCHOOL MENU

14 – 18 September 2026

DINING MENUS: KG = Kindergarten breakfast, S = morning snack, L reg. = regular lunch, L veg. = vegetarian lunch, AC/S = General afternoon snack, KS = Kindergarten snack

MONDAY	KG	Fruit muffin ^{*1a,7,3} , kefir ^{*7} , apple/pear	
	S	Fruit muffin ^{*1a,7,3} , kefir ^{*7} , apple/pear	
	L reg.	Pumpkin soup with millet porridge ^{*1a} , roast chicken legs, mlinci with natural sauce ^{*1a,3,7} , sweet corn salad	
	L veg.	Pumpkin soup with millet porridge ^{*1a} , chickpea loaf ^{*1a,3,7,6} , mlinci with natural sauce ^{*1a,3,7} , sweet corn salad	
	AC/S	Buckwheat bread ^{*1a} , cheese plate ^{*7} , tomatoes, grapes	
	KS	Buckwheat bread ^{*1a} , cheese plate ^{*7} , tomatoes, grapes	
TUESDAY	KG	Brown bread ^{*1a} , chicken frankfurter, mustard ^{*10} / ajvar, lemonade	ŠŠ – Plums
	S	Brown roll ^{*1a} , chicken frankfurter, mustard ^{*10} / ajvar, lemonade	ŠŠ – Plums
	L reg.	Bean soup with wholegrain rice ^{*1a,3} , tomato and basil sauce ^{*1a} , wholemeal pasta ^{*1a} , grated cheese ^{*7} , cucumber salad	
	L veg.	Bean soup with wholegrain rice ^{*1a,3} , tomato and basil sauce ^{*1a} , wholemeal pasta ^{*1a} , grated cheese ^{*7} , cucumber salad	
	AC/S	Fruit yoghurt with cereal ^{*7,1a,b,c,d} , wholemeal bread ^{*1a}	
	KS	Fruit yoghurt with cereal ^{*7,1a,b,c,d} , wholemeal bread ^{*1a}	
WEDNESDAY	KG	Wholemeal bread ^{*1a} , egg spread ^{*3,6,7} , fresh peppers, fruit tea, nectarine	
	S	Wholemeal bread ^{*1a} , egg spread ^{*3,6,7} , fresh peppers, fruit tea, nectarine	
	L reg.	Garlic soup, sea bream ^{*4} , boiled potato with Swiss chard, tomato salad	
	L veg.	Garlic soup, sea bream ^{*4} , boiled potato with Swiss chard, tomato salad	
	AC/S	Wholemeal grissini ^{*1a,d} , vegetable sticks, natural cottage cheese ^{*7}	
	KS	Wholemeal grissini ^{*1a,d} , vegetable sticks, natural cottage cheese ^{*7}	
THURSDAY	KG	Spelt milk semolina ^{*7,1a} , cocoa & almond sprinkles ^{*8} , banana	
	S	Spelt milk semolina ^{*7,1a} , cocoa & almond sprinkles ^{*8} , banana	
	L reg.	Macaroni with beef and spelt pasta ^{*1a} , grated cheese ^{*7} , Greek salad ^{*7} , watermelon	
	L veg.	Macaroni with beef and spelt pasta ^{*1a} , grated cheese ^{*7} , Greek salad ^{*7} , watermelon	
	AC/S	Rye roll ^{*1a,b} , ham, rocket, melon	
	KS	Rye roll ^{*1a,b} , ham, rocket, melon	
FRIDAY	KG	Sesame seed roll ^{*1a,11} , cheese ^{*7} , lettuce , fruit tea, apple	
	S	Sesame seed braided roll ^{*1a,11} , cheese ^{*7} , lettuce , fruit tea, apple	
	L reg.	Vegetable & barley stew ^{*1c} , wholemeal bread ^{*1a} , rice pudding with pineapple ^{*7,3,1a} , fruit tea, mixed fresh fruit	
	L veg.	Vegetable & barley stew ^{*1c} , wholemeal bread ^{*1a} , rice pudding with pineapple ^{*7,3,1a} , fruit tea, mixed fresh fruit	
	AC/S	Yoghurt ^{*7} , brown bread cake ^{*1a}	
	KS	Yoghurt ^{*7} , brown bread cake ^{*1a}	

ENJOY YOUR MEAL!

* In emergency situations, we reserve the right to change the menu **The menu is designed for learners without food allergies. ***The allergens added to the food are marked with numbers after the food. Due to possible cross-contamination, prepared dishes may contain traces of the following allergens: 1 cereals containing gluten (1a from wheat and spelt, 1b from rye, 1c from barley and 1d from oats), 2 crustaceans, 3 eggs, 4 fish, 5 peanuts, 6 soya, 7 milk & dairy products, 8 nuts, 9 leaf green, 10 mustard seed, 11 sesame seed, 12 sulphur dioxide, 13 lupines, 14 molluscs. Every day we offer different kinds of bread, which may contain the allergens *1a-d,6,3,7,8. ****Organic foods are marked in **bold**. ŠŠ – additional food from the EU school scheme.



PLUMS – a rich source of vitamins, minerals and antioxidants

- The plums we know in Europe were discovered about 2000 years ago.
- The ancient Romans already knew almost 300 species.
- Today, the largest orchards are in Russia, the USA, China, and also in Romania.
- Plums belong to the genus *Prunus* and are related to almonds, as well as peaches and nectarines

Plums contain phenols, important antioxidants whose action is based on the removal of harmful oxygen free radicals. By eating plums, we help the body to maintain brain membranes and blood vessel walls.

Plums also have an extremely high content of **vitamin C**, an above-average amount of **B-complex vitamins**, **beta carotene** - precursors of **vitamin A**, **potassium** and **vitamin E**.

Nature itself has prepared a vitamin-mineral "capsule" for us in a single fruit, right at the transition from autumn to winter.

Let's not overlook fresh plums and increase our resistance with them.