



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Morning snack	Milk ⁷ Korovit Biscuit ^{1,6,(7),(8)11}	Milk ⁷ Hungarian Twisted Sweet Bread ^{1,3,6,7,(13)}	Cheese Scone ^{1,3,7,(13)} Banana	Cereal ^{1,(8)} / Biscuits ^{1,6,(7),(8)11} Milk ⁷	Cold Cuts ^{(1),(6),(7),(10)} Butter ⁷ Cheesy Bread ^{1,3,7} Tomato
Normal	Energy: 237,6kcal Protein: 9,2g Fat: 7,3g SFA: 1,6 Carbohydrates: 32,6g Sugar: 7,3 Salt: 0,2g	Energy: 258,3kcal Protein: 11,5g Fat: 7,2g SFA: 3,3g Carbohydrates: 36,5g Sugar: 2,8gSalt: 0,2g	Energy: 176,2kcal Protein: 2,9g Fat: 4,4g SFA: 0,1g Carbohydrates: 30,1g Sugar: 12,2g Salt: 0,39g	Energy: 226,4kcal Protein: 11,6g Fat: 3,8g SFA: 1,7g Carbohydrates: 36,2g Sugar: - Salt: 0,6g	Energy: 220,2kcal Protein: 6,6g Fat: 10,7g SFA: 3,5g Carbohydrates: 22,5g Sugar: 0,9g Salt: 0,7g
Afternoon snack	Whole-meal Bread ^{1,6,(13)} Plain Yoghurt ⁷ Apple	Chicken Ham ^{(1),(6),(7)} Butter ⁷ Whole-meal Bread ^{1,6,(13)} Kapia Paprika	Whole-meal Bread ^{1,6,(13)} Cheese sticks ⁷ Cucumber	Whole-meal Bread ^{1,(13)} Plain Yoghurt ⁷ Kivi	Boild Egg ³ Butter Whole-meal Bread ^{1,6,(13)} Bell Pepper
	Energy: 188,7kcal Protein: 6,7g Fat: 6,8g SFA: 3g Carbohydrates: 23,8g Sugar: 10,8g Salt: 0,4g	Energy: 1793,4kcal Protein: 8,2g Fat: 6,3g SFA: 1,6g Carbohydrates: 20,5g Sugar: -g Salt: 0,9g	Energy: 243,7kcal Protein: 12,9g Fat: 11,5g SFA: 5g Carbohydrates: 21,8g Sugar: -g Salt: 1,5g	Energy: 244,6kcal Protein: 9,4g Fat: 6,2g SFA: 2,9g Carbohydrates: 36,4g Sugar: 4g Salt: 0,8g	Energy: 206,9kcal Protein: 7,6g Fat: 9,5g SFA: 3,9g Carbohydrates: 22,7g Sugar: 0,1g Salt: 0,3g
Morning snack	Plant Based Milk or Milk ⁷ Korovit Biscuit ^{1,6,(7),(8)11}	Milk ⁷ Hungarian Twisted Sweet Bread ^{1,3,6,7}	Cheese Scone ^{1,3,7} Banana	Cereal ^{1,(8)} / Biscuits ^{1,7} Milk ⁷	Cottage Cheese ⁷ / Cheese ⁷ Butter ⁷ Cheesy Bread ^{1,3,6,7} Tomato
Vegeterian	Energy: 227,8kcal Protein: 4,3g Fat: 8,5g SFA: - Carbohydrates: 31,9g Sugar:7,3g Salt: 0,2g	Energy: 234kcal Protein: 9,8g Fat: 6,4g SFA: 2,9g Carbohydrates: 33,8g Sugar: 2,8gSalt: 0,2g	Energy: 263,4kcal Protein: 4,7g Fat: 8,6g SFA: 0,1g Carbohydrates: 40g Sugar: 12,2g Salt: 0,39g	Energy: 226,4kcal Protein: 11,6g Fat: 3,8g SFA: 1,7g Carbohydrates: 36,2g Sugar: - Salt: 0,6g	Energy: 161,1kcal Protein: 8,6g Fat: 4,4g SFA: 2,2g Carbohydrates: 20,1g Sugar: 0,9g Salt: 0,1g
Afternoon snack	Whole-meal Bread ¹ Plain Yoghurt ⁷ Apple	Creamy Cheese ⁷ Butter ⁷ Whole-meal Bread ^{1,6} Kapia Paprika	Whole-meal Bread ¹ Cheese sticks ⁷ Cucumber	Whole-meal Bread ¹ Plain Yoghurt ⁷ Kivi	Boild Egg ³ Butter Whole-meal Bread Bell Pepper
	Energy: 145,4kcal Protein: 3,6g Fat: 0,4g SFA: 0,04g Carbohydrates: 31,1g Sugar: 10,2g Salt: 0,4g	Energy: 172,2kcal Protein: 4,8g Fat: 8,2g SFA: 4,6g Carbohydrates: 19,5g Sugar: -g Salt: 0,6g	Energy: 273kcal Protein: 15,8g Fat: 13,3g SFA: 6,1g Carbohydrates: 21,9g Sugar: - Salt: 1,8g	Energy: 244,6kcal Protein: 9,4g Fat: 6,2g SFA: 2,9g Carbohydrates: 36,4g Sugar: 4g Salt: 0,8g	Energy: 207,4kcal Protein: 7,2g Fat: 9,3g SFA: 3,9g Carbohydrates: 23,6g Sugar: 0,1g Salt: 0,4g
Morning snack	Plant Based Milk Gluten-and Dairy free Biscuit	Plant Based Milk Gluten And Dairy free Sweet Bread	Gluten-and Dairy free Scone Banana	Gluten free Cereal ⁽⁸⁾ Coconut Milk	Gluten and Dairy free Cold Cuts (chicken) Vegan Butter Gluten free Bagett Tomato
Allergen free	Energy: 271,5kcal Protein: 3,5g Fat: 13,4g SFA: 3,6g Carbohydrates: 33,6g Sugar:12,2g Salt: 0,8g	Energy: 160kcal Protein: 1,5g Fat: 0,7g SFA: 0,5g Carbohydrates: 36,5g Sugar: 7,9gSalt: 0,1g	Energy: 271,5kcal Protein: 3,5g Fat: 13,4g SFA: 3,6g Carbohydrates: 33,6g Sugar:12,2g Salt: 0,8g	Energy: 186,8kcal Protein: 3,8g Fat: 0,3g SFA: 0,1g Carbohydrates: 41,8g Sugar: 0,19g Salt: 1,1g	Energy: 180,4kcal Protein: 3,1g Fat: 10,9g SFA: 3,3g Carbohydrates: 16,4g Sugar: 0,6g Salt: 1g
Afternoon snack	Gluten free Bread Coconut Yoghurt Apple	Chicken Ham Vegan Butter Gluten free Whole-meal Bread Kapia Paprika	Gluten Free Bread Vegan Cheese sticks Cucumber	Gluten Free Bread Coconut Yoghurt Kivi	Boiled Egg ³ Vegan Butter Gluten free Whole-meal Bread Bell Pepper
	Energy: 199,8kcal Protein: 1,4g Fat: 11,8g SFA: 10,6g Carbohydrates: 20,8g Sugar: 11,6g Salt: 0,34g	Energy: 251,1kcal Protein: 5,5g Fat: 6,1g SFA: 1,6g Carbohydrates: 42,6g Sugar: 2,5g Salt: 0,5g	Energy: 309,7kcal Protein: 1,4g Fat: 15g SFA: 9,9g Carbohydrates: 41,7g Sugar: 2g Salt: 1g	Energy: 299,8kcal Protein: 2,9g Fat: 13,2g SFA: 10,8g Carbohydrates: 40,5g Sugar: 6,5g Salt: 1g	Energy: 113,1kcal Protein: 4g Fat: 8,4g SFA: 2,3g Carbohydrates: 5,2g Sugar: 0,2g Salt: 0,1g