

Model of menu

for 14 days

of a Center for Refugees

the main focus: elderly (70+ years)

Operating hours: 24 hours

Summer-autumn season (May-October)

* the replacement table for the winter-spring season (November-April) is attached

Chisinau, 2023

Day 1

Nr.	Breakfast	Mass/volume	Proteins	Fats	Carbs	Kcal
1.	Omelette with vegetables (eggs, sour cream, cottage cheese, tomatoes, onions, peppers)	250g	15	9,2	16	280
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Black tea with 5 g of sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			24,91	13,51	58,1	530,85
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with vegetables and chicken breast (potato, carrot, onion, pepper, tomato, cauliflower, chicken breast, salt, oil)	250 g	11,52	8,24	8,4	155,36
2.	Buckwheat with vegetables (with onion and carrot)	200 g	5,06	12	41,3	213,3
3.	Baked chicken leg	100 g	25,2	10,7	0	203,05
4.	Cabbage and green pea salad	100 g	1,35	9,4	2,34	97,6
5.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			48,33	40,92	103,04	906,03
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			11,9	4,88	52,8	300,6
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Baked fish and potatoes	300 g	14,05	13,98	31,5	307,4
2.	Fresh cucumbers and tomatoes	100 g	0,75	0,2	3	15
3.	Rye bread	80 g	6,8	0,64	40,48	199,2
4.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			21,71	14,85	80,88	543,85
Total			106,85	74,16	294,82	2281,33

Day 2

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Millet porridge with butter	300 g	11,3	15	42,7	277,8
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Black tea with 5 g of sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			21,21	19,31	84,8	528,65
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Red soup with beans (beets, potatoes, carrots, onions, tomatoes, beans)	250g	2,7	9,5	10,9	139,8
2.	Mashed potatoes with butter	200 g	4	8,4	33,8	226
3.	Chicken cutlet (meat, onion, garlic, egg, breadcrumbs, salt, pepper)	100 g	13,84	9	11,2	181,92
4.	Rye bread	80 g	6,8	0,64	40,48	199,2
5.	Cauliflower, carrot, sweet pepper salad	100 g	1,35	9,4	2,34	97,6
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			29,09	37,04	113,72	909,24
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Yogurt without filling	125 g	4,375	3,125	5	66
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			6,47	3,72	21,6	138
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Polenta with butter	250 g	5	1,6	37,5	189,4
2.	Chicken liver with sauce	100 g	19,6	12,56	0	199,84
3.	Fresh cucumbers and tomatoes	100 g	0,75	0,2	3	15
4.	Rye bread	80 g	6,8	0,64	40,48	199,2
5.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			32,26	15,03	86,88	625,69
Total			89,03	75,1	307	2201,58

Day 3

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Oatmeal porridge with butter	300 g	10,1	13	45	345,4
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			20,01	17,31	87,1	596,25
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with meatballs (chicken meatballs, potatoes, peppers, tomatoes, onion, carrot, oil, salt)	250 g	5,7	1,8	1,2	120,3
2.	Rice with chicken (rice, onion, carrot, tomato, pepper, chicken)	300 g	26	14,5	56	470
3.	Fresh cucumbers and tomatoes	100 g	0,75	0,2	3	15
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			37,65	17,08	111,2	842,02
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Cheese pudding (cheese, egg, wholemeal flour, milk)	200 g	5,76	4,16	16	128
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			7,86	4,76	32,6	200
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Seasonal vegetable stew (potato, cabbage, peas, zucchini, carrot, onion, tomato, pepper)	200 g	2,7	6,5	15,5	126,6
2.	Beef cutlet (meat, onion, garlic, egg, breadcrumbs, salt, pepper)	100 g	23,5	6,64	5,93	181
3.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
4.	Rye bread	80 g	6,8	0,64	40,48	199,2
5.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			34,46	23,21	70,15	626,65
Total			99,98	62,36	301,05	2264,92

Day 4

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Pancakes (wholemeal flour, kefir, eggs, baking powder, sugar) with apricot jam (sugar-free for diabetics)	250 g/10 g	15,6	15,47	29,64	325
2.	Yogurt without filling	125 g	4,375	3,125	5	66
3.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			20,08	18,62	40,54	413,25
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Green soup with egg and rice (potatoes, rice, onion, carrot, boiled egg, pepper, oil, greens)	250 g	4,8	9,2	18,8	179,1
2.	Buckwheat with vegetables (with onion and carrot)	200 g	5,06	12	41,3	213,3
3.	Pounded chicken thighs	100 g	31,62	3,65	0	168,3
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Cauliflower, carrot, sweet pepper salad	100 g	1,35	9,4	2,34	97,6
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			48,03	34,83	113,44	895,02
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			11,9	4,88	52,8	300,6
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Oven pasta with cheese and butter	300 g	18,4	13	42	380,4
2.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
3.	Tomato and onion salad	100 g	1,35	9,4	2,34	97,6
4.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			24,66	22,91	86,24	672,25
Total			104,67	81,24	293,02	2281,12

Day 5

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Boiled eggs	2 pcs (120 g)	15,6	12	1,2	171,6
2.	Rye bread with butter and cheese	80 g/10 g/20 g	11,87	12,69	40,74	330,6
3.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			27,58	24,72	47,84	524,45
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with chicken and homemade noodles (chicken, potato, tomato, pepper, carrot, onion, noodles)	250 g	18,66	5,7	20,7	211,5
2.	Wheat porridge with butter	200 g	5,3	0,93	30,06	157,73
3.	Baked chicken wings	100 g	26,9	19,5	0	290
4.	Cabbage and green pea salad	100 g	1,35	9,4	2,34	97,6
5.	Rye bread	80 g	6,8	0,64	40,48	199,2
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			59,41	36,27	108,58	1020,75
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Seasonal fruits	250 g	2,1	0,6	16,6	72
2.	Bagels with bran without trans fats	30 g	3,3	0,3	21,3	96
			5,4	0,9	37,9	168
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Polenta with butter	250 g	5	1,6	37,5	189,4
2.	Baked fish	100 g	19,4	0,5	1,2	86,9
3.	Tomato and cucumber salad	100 g	1,35	9,4	2,34	97,6
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			30,66	12,01	82,94	568,15
Total			123,05	73,9	277,26	2281,35

Day 6

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Rice porridge with raisins and butter	300 g	5,6	11,9	36,7	281,5
2.	Rye bread with cheese	80 g/20 g	11,8	4,44	40,68	255,8
3.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			17,51	16,37	83,28	559,55
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Red soup with chicken breast (beets, potatoes, carrots, cabbage, onions, tomatoes, chicken breast)	250 g	14,4	10,3	10,5	194,2
2.	Millet porridge with butter	200 g	9,04	12	34,16	222,24
3.	Chicken breast with cream sauce	100 g	11,245	7,306	9,1	147,81
4.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
5.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			41,23	39,59	107,1	898,57
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Seasonal fruits	250 g	2,1	0,6	16,6	72
2.	Yogurt without filling	125 g	4,375	3,125	5	66
			6,47	3,72	21,6	138
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Mashed potatoes	200 g	2,66	5,6	22,53	150,6
2.	Stewed beef with vegetables (beef, onion, carrot, tomato sauce)	100 g	17,25	17,2	1,581	230,67
3.	Tomato and onion salad	100 g	1,35	9,4	2,34	97,6
4.	Rye bread	80 g	4,6	2	30,4	160
5.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			25,97	34,23	62,75	661,12
Total			91,19	93,91	274,73	2257,24

Day 7

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Oatmeal porridge with butter	300 g	10,1	13	45	345,4
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			20,01	17,31	87,1	596,25
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with meatballs (chicken meatballs, potatoes, peppers, tomatoes, onion, carrot, oil, salt)	250 g	2,7	9,5	10,9	139,8
2.	Seasonal vegetable stew with chicken breast (potato, cabbage, peas, zucchini, carrot, onion, tomato, pepper, chicken breast)	200 g	14,66	6,2	12,9	164,28
3.	Tomato and onion salad	100 g	1,35	9,4	2,34	97,6
4.	Bread with bran/wholemeal flour	80 g/20 g	9,8	4,28	36,2	228,6
5.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			28,91	29,48	77,34	695
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Cheese pie	100 g	2,52	7,07	11,34	196,5
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			4,62	7,67	27,94	268,5
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Buckwheat with vegetables (with onion and carrot)	250 g	6,08	14,4	49,6	256
2.	Baked zucchini with garlic	100 g	0,6	9,3	3,9	98,8
3.	Pounded chicken thighs	100 g	31,62	3,65	0	168,3
4.	Rye bread	80 g	4,6	2	30,4	160
5.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			43,01	29,38	89,8	705,35
Total			96,55	83,84	282,18	2265,1

Day 8

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Cheese pudding (cheese, egg, wholemeal flour, milk)	350 g	16,13	11,6	41,66	349,44
2.	Kefir	200 ml	6,2	7	7,2	116
			22,33	18,6	48,86	465,44
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Green soup with egg and rice (potatoes, rice, onion, carrot, boiled egg, pepper, oil, greens)	250 g	4,8	9,2	18,8	179,1
2.	Mashed potatoes	200 g	2,66	5,6	22,53	150,6
3.	Stewed chicken with onion and carrot	100 g	20,53	0,99	2,43	228,6
4.	Rye bread	80 g	4,6	2	30,4	160
5.	Cauliflower, carrot, sweet pepper salad	100 g	1,35	9,4	2,34	97,6
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			34,34	27,29	91,5	880,62
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Bagels with bran without trans fats	30 g	3,3	0,3	21,3	96
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			5,4	0,9	37,9	168
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Pasta with butter	200 g	4,79	8,85	28,86	214
2.	Beef cutlet (meat, onion, garlic, egg, breadcrumbs, salt, pepper)	100 g	23,5	6,64	5,93	181
3.	Vegetable stew (onion, pepper, tomato, carrot, zucchini, eggplant)	100 g	2,3	5,5	16,5	125
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			35,5	21,5	93,19	714,25
Total			97,57	68,29	271,45	2228,31

Day 9

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Durum wheat porridge with butter	300 g	1,5	12,9	7,5	154,8
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			11,41	17,21	49,6	405,65
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with chicken and homemade noodles (chicken, potato, tomato, pepper, carrot, onion, noodles)	250 g	18,66	5,7	20,7	211,5
2.	Oatmeal porridge with butter	200 g	6,73	8,7	30	230,3
3.	Baked chicken wings	100 g	26,9	19,5	0	290
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Fresh cucumbers, tomatoes	100 g	0,75	0,2	3	15
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			58,24	34,68	104,7	983,52
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Pancakes (wholemeal flour, kefir, eggs, baking powder, sugar)	150 g	9,6	9,52	18,24	200
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			11,7	10,12	34,84	272
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Braised cabbage with chicken (cabbage, onion, carrot, tomato, meat)	300 g	20,83	17,21	9	271,84
2.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
3.	Rye bread	80 g	4,6	2	30,4	160
4.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			26,89	28,64	47,64	551,69
Total			108,24	90,65	236,78	2212,86

Day 10

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Millet porridge with butter	300 g	11,3	15	42,7	277,8
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			21,21	19,31	84,8	528,65
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Rasolnic (potato, carrot, onion, pearl barley, pickled cucumbers)	250 g	4,8	9,2	18,8	179,1
2.	Wheat porridge with butter	200 g	5,3	0,93	30,06	157,73
3.	Chicken liver with sauce	100 g	19,6	12,56	0	199,84
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Cabbage and green pea salad	100 g	1,35	9,4	2,34	97,6
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			36,25	32,67	102,2	870,99
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Seasonal fruits	250 g	2,8	0,8	22,2	96
2.	Yogurt without filling	125 g	4,375	3,125	5	66
			7,175	3,925	27,2	162
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Rice with chicken (rice, onion, carrot, tomato, pepper, chicken)	300 g	26	14,5	56	470
2.	Fresh cucumbers, tomatoes	100 g	0,75	0,2	3	15
3.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
4.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			31,66	15,21	100,9	679,25
Total			96,29	71,11	315,1	2240,89

Day 11

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Sweet cheese pastries (cottage cheese, eggs, wholemeal flour, baking powder) with sour cream and jam	250 g/20 g/5 g	26,69	17,19	18,65	332,87
2.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			26,8	17,22	24,55	355,12
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Bean soup	250 g	5,76	8	63,36	340
2.	Buckwheat with vegetables (with onion and carrot)	200 g	5,06	12	41,3	213,3
3.	Baked fish	100 g	19,4	0,5	1,2	86,9
4.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
5.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			36,77	30,48	159,2	974,52
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Seasonal fruits	250 g	2,8	0,8	22,2	96
2.	Biscuits without trans fats	30 g	1,5	6,9	18	140,4
			4,3	7,7	40,2	236,4
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Polenta with butter/cottage cheese/sour cream	250 g/30 g/20 g	8,98	5,2	38,6	242,12
2.	Stewed chicken with onion and carrot	100 g	20,53	0,99	2,43	228,6
3.	Cauliflower, carrot, sweet pepper salad	100 g	1,35	9,4	2,34	97,6
4.	Kefir	200 ml	6,2	7	7,2	116
			37,06	22,59	50,57	684,32
Total			104,93	77,99	274,52	2250,36

Day 12

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Cheese pie	250 g	6,3	17,67	28,35	491,25
2.	Yogurt without filling	125 g	4,375	3,125	5	66
3.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			10,785	20,825	39,25	579,5
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with vegetables and chicken breast (potato, carrot, onion, pepper, tomato, cauliflower, chicken breast, salt, oil)	250 g	11,52	8,24	8,4	155,36
2.	Durum wheat porridge with butter	200 g	0,9	7,74	4,5	92,88
3.	Pounded chicken thighs	100 g	31,62	3,65	0	168,3
4.	Cabbage and green pea salad	100 g	1,35	9,4	2,34	97,6
5.	Rye bread	80 g	6,8	0,64	40,48	199,2
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			52,59	29,77	70,72	778,06
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Homemade bun (flour, water, eggs, butter, sugar, baking powder)	100 g	4,9	10,5	24	212,3
2.	Seasonal fruits	250 g	2,8	0,8	22,2	96
			7,7	11,3	46,2	308,3
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Mashed pea	200 g	3,8	5,6	15,8	115
2.	Chicken cutlet (meat, onion, garlic, egg, breadcrumbs, salt, pepper)	100 g	13,84	9	11,2	181,92
3.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			23,9	24,51	71,24	588,77
Total			94,975	86,405	227,41	2254,63

Day 13

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Rice porridge with raisins and butter	300 g	5,6	11,9	36,7	281,5
2.	Rye bread with cheese	80 g/20 g	11,8	4,44	40,68	255,8
3.	Kefir	200 ml	6,2	7	7,2	116
			23,6	23,34	84,58	653,3
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Soup with chicken and homemade noodles (chicken, potato, tomato, pepper, carrot, onion, noodles)	250 g	18,66	5,7	20,7	211,5
2.	Baked potatoes with chicken breast and tomato sauce	250 g	14,05	13,975	31,5	307,375
3.	Cauliflower, carrot, sweet pepper salad	100 g	1,35	9,4	2,34	97,6
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			39,26	29,655	105,54	853,195
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Cheese pudding (cheese, egg, wholemeal flour, milk)	200 g	5,76	4,16	16	128
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			7,86	4,76	32,6	200
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Pasta with minced beef and tomato sauce	250 g	20,75	11,75	32,25	317,5
2.	Cabbage and green pea salad	100 g	1,35	9,4	2,34	97,6
3.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
4.	Green tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	200 ml	0,11	0,03	5,9	22,25
			28,41	28,18	47,69	553,35
Total			99,13	85,935	270,41	2259,845

Day 14

Nr.	Breakfast	Mass/Volume	Proteins	Fats	Carbs	Kcal
1.	Omelette with vegetables (eggs, sour cream, cottage cheese, tomatoes, onions, peppers)	250g	15	9,2	16	280
2.	Bread with bran/wholemeal flour and cheese	80 g/20 g	9,8	4,28	36,2	228,6
3.	Black tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			24,91	13,51	58,1	530,85
Nr.	Lunch	Mass/Volume	P	F	C	Kcal
1.	Red soup with chicken breast (beets, potatoes, carrots, cabbage, onions, tomatoes, chicken breast)	250 g	14,4	10,3	10,5	194,2
2.	Millet porridge with butter	200 g	9,04	12	34,16	222,24
3.	Chicken liver with sauce	100 g	19,6	12,56	0	199,84
4.	Bread with bran/wholemeal flour	80 g	4,8	0,48	36	172
5.	Baked eggplant salad with onion and oil	100 g	1,35	9,4	2,34	97,6
6.	Seasonal fruit compote without sugar	200 ml	0,4	0,1	15	64,72
			49,59	44,84	98	950,6
Nr.	Snack	Mass/Volume	P	F	C	Kcal
1.	Biscuits without trans fats	30 g	1,5	6,9	18	140,4
2.	Seasonal fruits	250 g	2,1	0,6	16,6	72
			3,6	7,5	34,6	212,4
Nr.	Dinner	Mass/Volume	P	F	C	Kcal
1.	Beef with vegetables (potatoes, carrots, zucchini, peppers, mushrooms, tomatoes, eggplant) baked/grilled	100g/200 g	34,7	9,4	17,6	302
2.	Rye bread	80 g	6,8	0,64	40,48	199,2
3.	Herbal tea with 5 g sugar (sweetened with stevia or erytriol/xylitol for diabetics)	250 ml	0,11	0,03	5,9	22,25
			41,61	10,07	63,98	523,45
Total			119,71	75,92	254,68	2217,3

The replacement table for the winter-spring season (November - April)

Summer-autumn foods	Winter-spring foods
<p align="center"> Tomato and cucumber salad Fresh cucumbers, tomatoes Baked eggplant salad with onion and oil Tomato and onion salad Cabbage and green pea salad Cauliflower, carrot, sweet pepper salad Baked zucchini with garlic </p>	<p align="center"> Fresh cabbage and carrot salad Boiled beet and garlic salad Carrot and grated apple salad Carrot and celery root salad Boiled vegetables salad (potato, carrot, beet, onion, pickled cucumber, oil, salt) Pickles Salad from pickled cabbage, carrot, onion, oil </p>
<p> Seasonal vegetable stew (potato, cabbage, peas, zucchini, carrot, onion, tomato, pepper) Green soup with egg and rice (potatoes, rice, onion, carrot, boiled egg, pepper, oil, greens) Vegetable stew (onion, pepper, tomato, carrot, zucchini, eggplant) </p>	<p align="center"> Braised cabbage with rice and meat (cabbage, onion, carrot, rice, chicken breast, tomato sauce) Soup with rice and potatoes Baked potatoes with carrot and tomato sauce </p>