



Bulgaria



Croatia



Hungary



Italy



Portugal

FINE! RECIPES



**HEALTHY, BALANCED, TASTY & APPETIZING
RECIPES FOR FAMILIES**



Erasmus+

FINE! - Food and Nutrition In ECEC 2018-1-HU01-KA201-047760

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- KINDERGARTEN SRČEKO, Croatia
- Józsefvárosi Egyesített Bölcsődék, Hungary
- ARCA Cooperativa Sociale a r.l. - Florence, Italy
- Centro Social de Soutelo, Portugal

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ABOUT THE PROJECT

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The **FINE! Food and Nutrition In ECEC** Project is born thanks to the experiences and outputs of several project carried out by the project partners on Early Childhood Education and Care and preschool services quality improvement. The project coordinator, GALILEO PROGETTI Nonprofit Kft.

<http://www.galileoprogetti.hu/presentation.html> social enterprise based in Budapest working in education and social inclusion from years, together with partners, decided to give the right attention to the nutrition and food issues, which are fundamental in the preschools, both for the healthy life, the psychophysical development of children, and for the social inclusion of disadvantaged children.

It's therefore important to train the ECEC workers on this topic.

The FINE! project aims to:

- stimulate their awareness, discussion and knowledge on the above topics, the issues of nutrition and health of children, social and relational aspects related to food in childhood, the role of preschool services for children's development and their successful lives, the respect for the environment;
- improve their knowledge and professional skills;
- motivate preschools managers to implement strategies to the modernization and improvement of the canteen system, food education, food waste prevention and recycling for children and families;
- build up a dialogue on healthy nutrition in early childhood education among organizations, decision-making bodies, beneficiaries included families;
- increase in the European dimension of each participants and partner organizations; include to improve foreign language learning, especially for partner organizations and their workers who normally don't have possibility of thinking at the European level;
- transfer of the learned knowledge within the organizations, to other members of staff;
- improvement of the system and organization within partner nurseries and kindergartens in preparing and distribution of meals;
- improvement of food waste reduction and food recycling system;
- increase of the offer of meals to children thanks to new recipes learned.



HOW DO YOU READ THE BOOK

HOW TO READ THE BOOK

The International Recipe book, that collects healthy, nutritious, balanced, tasty and appetizing, good cooking recipes from each project partners during the implementation of the FINE! project, is a practical tool available both for organizations and families: some of which will become part of the partner menus, and some will be shared with the families by the staff of the educational institution.

The recipes chosen by the partners are easy to prepare, it is possible to prepare them in every participating country, the ingredients are available and not expensive, the meals are tasty and appealing to children.

The Recipe Book is available in English and in the languages of partners. The recipe quantities will be calculated to 4 portions for a family of four persons. The preparation time and the cook time are mentioned for each recipe, and also separated one photo for the dish included. Each recipe includes the list of the allergenic products, represented by icons.

Enjoy your meal!



Food ingredients that must be declared as allergens in the EU



Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains, and products thereof, except:

- (a) wheat based glucose syrups including dextrose
- (b) wheat based maltodextrins
- (c) glucose syrups based on barley
- (d) cereals used for making alcoholic distillates including ethyl alcohol of agricultural origin



Crustaceans and products thereof



Eggs and products thereof



Fish and products thereof, except:

- (a) fish gelatine used as carrier for vitamin or carotenoid preparations
- (b) fish gelatine or Isinglass used as fining agent in beer and wine



Peanuts and products thereof



Soybeans and products thereof, except:

- (a) fully refined soybean oil and fat
- (b) natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, and natural D-alpha tocopherol succinate from soybean sources
- (c) vegetable oils derived phytosterols and phytosterol esters from soybean sources
- (d) plant stanol ester produced from vegetable oil sterols from soybean sources



Milk and products thereof (including lactose), except:
(a) whey used for making alcoholic distillates including ethyl alcohol of agricultural origin
(b) lactitol



Celery and products thereof



Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, and products thereof, except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin



Mustard and products thereof



Sesame seeds and products thereof



Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers



Lupin and products thereof



Molluscs and products thereof



Bulgaria

37 Kindergarten “Valshebstvo”



<https://www.dg37sofia.com>



Year of foundation	1977
Main Characteristics	Kindergarten 37 “Valshebstvo” is a municipal kindergarten.
Location of the activities, target groups	Kindergarten 37 „Valshebstvo“ is located at “Vitoshka” region, Sofia, the capital of Bulgaria. Target group - children between 10 months and 6/7 years of age.
Main activities	Kindergarten 37 „Valshebstvo“ provides educational and care services for more than 300 children in early and preschool age. It has nursery groups for the children aged 10 months until 3 years of age and kindergarten groups for children 3-6/7 years of age.
Dimension of the company	About 62 persons work in the kindergarten - preschool educators, music teacher, medical nurses, psychologist, speech therapist, special educator, kitchen staff, administrative and technical staff, etc..





Bulgaria

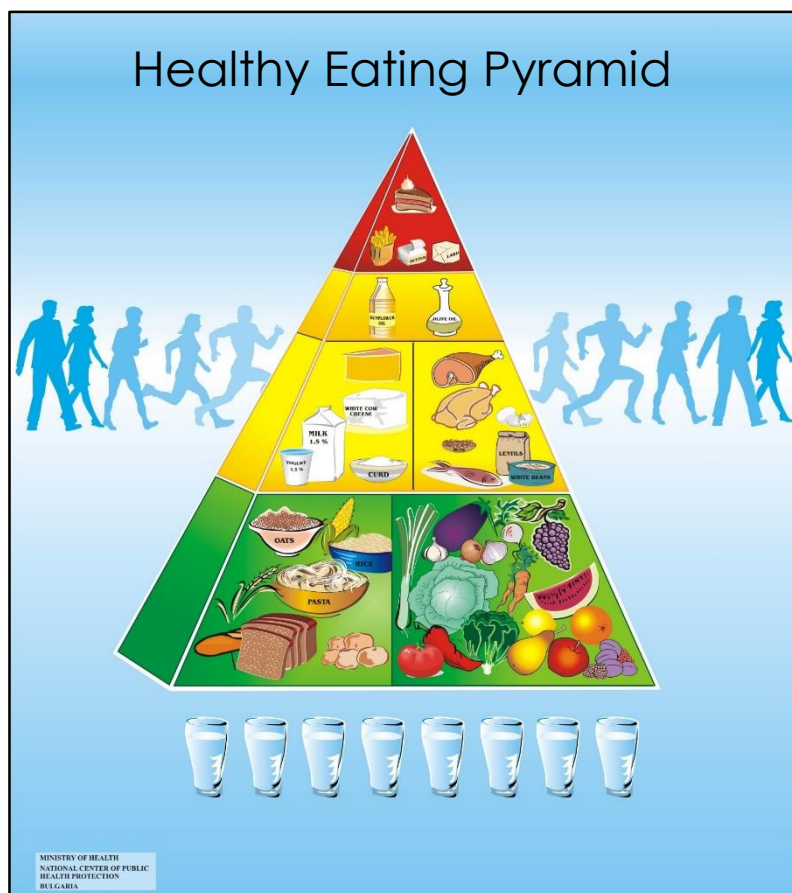
Climate: continental

Local agriculture products: vegetables, fruits, cereals, dairy products, meat.

Daily menu composed	Traditional meal time
breakfast	7-8 am
mid am snack	10-11 am
lunch	12-2 pm
mid pm snack	4-5 pm
dinner	7-9 pm

Main nutrition, traditional lunch courses: first course (soup), main course (cooked dish with meat, fish, vegetables and/or salad), dessert

Food-Based Dietary Guidelines for Adults in Bulgaria



<http://ncpha.government.bg/files/hranene-en.pdf>



Banitsa with White Cheese

Type

Breakfast

What is needed:



500 g	Filo dough pastry sheets
50 g	Butter (or half butter, half sunflower oil)
200 g	White cheese (Feta cheese, Cottage cheese or Curd)
150 g	Sour (Bulgarian) yogurt
100 g (2.5 pcs.)	Eggs

How to make it:

For the filling mix together the unsalted white cheese (Feta cheese, Cottage cheese or Curd), yogurt and eggs. Stir slightly. Butter the tray in which you will bake. Place the pastry sheets one by one as on each one put some melted butter and some from the filling you have prepared. On the last pastry sheet put only butter.

Bake the banitsa at a medium temperature until fully baked.

Serve it warm, cut into pieces.

Preparation time

25 minutes

Cook time

20 minutes

Allergenic contains:





Lemon tea

Type	Breakfast
------	-----------

What is needed:



4 g (or 5 pc.)	Bulk tea (or Teabags)
1000 g	Water
50 g	Sugar
125 g	Lemons for juice

How to make it:

Rinse a tea kettle (best if porcelain) with boiling water. Place the tea inside and cover with boiling water (1/3rd of the kettle), and put on the lid leaving the tea brewing. After a few minutes, pour the brewed tea in cups. Fill the rest of the cups with boiling water.

Teabags:

Place a teabag in a cup, covering it with boiling water. The bag should remain in the cup until the desired intensity is reached. After that remove the bag. Add some lemon juice and sugar (if needed).

Preparation time	
Cook time	10 minutes

Allergenic conteins:





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Rhodopes Breakfast Sandwich

Type	Breakfast
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What is needed:



375 gr	Curd (Cottage Cheese)
75 g	Sunflower oil
63 g	Carrots
3 g	Savoury
3 g	Paprika
30 g	Onions
1 g	Salt
	Bread

How to make it:

Add the sunflower oil slowly to the curd (cottage cheese). Mix it until it becomes homogeneous. Then add the savoury, paprika, and grated carrots and onions. Mix well.

Spread the mixture over the bread slices.

Note: If the curd is already salted, do not add salt to the mixture.

Preparation time	40 minutes
Cook time	15 minutes

Allergenic contains:





Tarator (cold soup)

Type

Lunch

What is needed:



150 g (160 g)	Cucumbers (peeled) (orLettuce)
258 g	Sour (Bulgarian) yoghurt
10 g	Sunflower oil
7,5 g	Walnuts
7,5 g	Dill (or parsley)
3,5 g	Garlic cloves
1 g	Salt
110 g	Water

How to make it:

Mix the sour yogurt with cold water. Chop in tiny pieces (or grate) the peeled cucumber. Add them to the mixture. Grind the walnuts and add them to the mixture along with the sunflower oil, chopped dill (or parsley), grinded garlic, and salt. Stir well.

When done with lettuce: clean the lettuce, wash it, and chop it. It is used as a replacement of the cucumber.

Preparation time

30 minutes

Cook time

15 minutes

Allergenic conteins:





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Milk soup with cereals

Type	Lunch
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What is needed:



420 g	Milk
55 g	White cheese (Feta cheese)
40 g	Butter
40 g (1pc)	Egg
25 g	Semolina
25 g	Pasta (small pieces) (Rice, or Buckwheat)

How to make it:

Boil the semolina (wheat or corn), pasta pieces (wheat, corn, rice, or other), or prepare dairy-free porridge (rice, or buckwheat). Add milk (boiled, if necessary). Add the grated hard-boiled egg (only yolk for children under 1 year of age) and butter. Serve with crumbled unsalted white cheese on top.

Preparation time	15 minutes
Cook time	15 minutes

Allergenic contains:





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Moussaka with Meat and Potatoes

Type	Main course
------	-------------

What is needed:



210 g	Beef
20 g	Sunflower oil
80 g	Onion
490 g	Potatoes
100 g	Tomatoes
20 g	Flour
105 g	Milk

How to make it:

Take out the bones from the meat, wash it and ground it into a meat grinder. Cut the onions, into small pieces. Stew them in more than half of the sunflower oil, mixed with water (1:1 ratio) until softened. Add the sliced tomatoes, the minced meat mixed with some water, red pepper and salt. Stew for a few minutes. Put the potatoes, sliced in small pieces. Put the finely chopped parsley. Pour hot bouillon or water. Put into a tray (pan), greased with sunflower oil. Bake almost until cooked in an oven at moderate temperature. Then put on top béchamel sauce, prepared from the flour, eggs, milk and the rest of the sunflower oil. Bake for a few more minutes, until slightly red on the top.

Note: Instead of béchamel sauce, a mixture of the same products can be prepared (eggs, flour and milk). The milk can be replaced by yogurt.

Preparation time	40 minutes
Cook time	40 minutes

Allergenic contens:





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Chicken with Cabbage

Type	Lunch
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What is needed:



369 g	Chicken
25 g	Sunflower oil
656 g	Cabbage
125 g (140 g)	Tomatoes (fresh, tinned)
1 g	Paprika
1 g	Salt

How to make it:

Unfreeze, clean and rinse the chicken. Clean the cabbage, rinse it, and cut into small pieces. Salt the cabbage.

Put the cabbage and half of the chopped tomatoes into a pot. Add the sunflower oil and paprika. Simmer on low heat together with the chicken until ready.

Unbone the simmered meat and place back with the vegetables. Place everything in a tray and cover with the other half of the tomatoes. Roast it until all the water boils out.

Preparation time	20 minutes
Cook time	120 minutes

Allergenic contens:





Green Salad with Radish and Fresh onion

Type	Lunch
-------------	-------

What is needed:



400 g	Lettuce
47 g	Fresh onions
241 g	Radish
15 g	Sunflower oil
30 g (10 g)	Lemons for juice (Vinegar)
1 g	Salt

How to make it:

Clean well the lettuce, radish, and onions. Chop them up. Mix it all up and add the salt and the lemon juice (or vinegar), and the sunflower oil.

Preparation time	30 minutes
Cook time	

Allergenic conteins:





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Sour Yogurt

Type	Afternoon Snack
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What is needed:

750 g	Sour (Bulgarian) yogurt
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How to make it:

Pour the yogurt into bowls. It could be sweetened with honey, sugar, or fruit syrup, as they are prepared beforehand.

Preparation time	5 minutes
Cook time	

Allergenic conteins:





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Biscuit Cake

Type	Afternoon Snack
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What is needed:



300 gr	Plain biscuits
150 g	Milk
300 g	Sour (Bulgarian) yoghurt
30 g	Brown (or white) sugar
790 g (790 g, 800 g, 880 g)	Peaches (or apricots, strawberries, plums)

How to make it:

Clean and prepare the fruit (peaches or apricots, or strawberries, or plums) - remove the peel and chop into small pieces. Half of the biscuits should get soaked with milk and placed in a tray. Cover them with half of the sour yoghurt, mixed with fruits (peaches or apricots, or strawberries, or plums) and sugar. Place the rest of the biscuits (milk-soaked) on top.

Cover them with the rest of the sour yoghurt, mixed with fruits (peaches or apricots, or strawberries, or plums) and sugar. Leave the cake in a cold place for 2-3 hours. Then it's ready to be cut into pieces.

Preparation time	20 minutes
Cook time	20 minutes

Allergenic contoins:





Cookies

Type

Afternoon snack

What is needed:



225 g	Flour
50 g	Sunflower oil
50 g	Sour (Bulgarian) yogurt
50 g (1 pcs.)	Eggs
75 g	Sugar
2.5 g	Baking Soda (saleratus)
5 g	Sugar (for decoration)

How to make it:

Mix all the listed ingredients and make a dough. Make little balls out of the dough and decorate them with sugar on the top. Bake in a preheated oven until ready (gold in colour).

Preparation time

30 minutes

Cook time

20 minutes

Allergenic contains:





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Croatia

KINDERGARTEN SRČEKO



<https://www.facebook.com/Dje%C4%8Dji-vrti%C4%87-Sr%C4%8Deko-2294448150608061/?ref=bookmarks>



Year of foundation	2004
Main Characteristics	Kindergarten's activity is the care, education and protection of children from age 3 up to elementary school. Spatial and material conditions satisfy Croatian pedagogical standard daycare for children
Location of the activities, target groups	Kindergarten Srčeko located in municipality of Vratašinec in the Međimurje county in the north of Croatia.
Main activities	The goal of kindergarten Srčeko is to guarantee the best environment where children can develop their potential, satisfy their own needs and interests, acquire skills and knowledges. Professional philosophy of Srčeko is that every child has the right to develop according to their interests and abilities keeping in mind that every child is unique. We plan the activities for children for every day, taking into account basic children's needs.
Dimension of the company	With teamwork, we want to improve a better level of collaboration with parents, municipality, local and social factors, and be the kindergarten that researches, learns, deliberates and develops its own educational practice.





Croatia

Climate: continental, mediterranean and partly mountainous

Local agriculture products:

vegetables	Potatoes, cabbage, onion, cauliflower, garlic, carrot, salad, pepper, cucumbers, olives...
fruits	Apples, grapes, plums, pears, watermelons, strawberries, peaches, tangerines...
grains	Corn, wheat, barley, oats, rye...
meat	Poultry, pork, beef, white and blue fish, shellfish

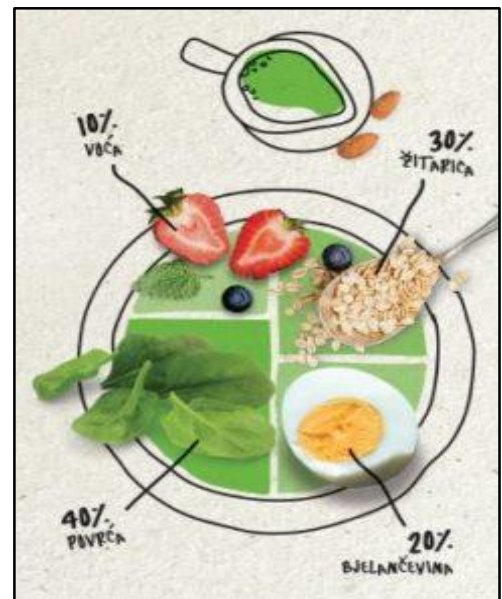
Daily menu composed	Traditional meal time
breakfast	7-9 am
mid am snack	10-11 am
lunch	12-2 pm
mid pm snack	3-4 pm
dinner	6-8 pm

Main nutrition, traditional lunch courses: supper, main course, dessert

Traditional eating

habits: traditional dishes with predominantly local products serving in 3 to 4 meals per day

Food-Based Dietary Guideline in Croatia



<https://www.hzjz.hr/sluzba-promicanje-zdravlja/zivjeti-zdravo-tjelesno-zdravlje/>



Buckwheat soup with leeks

Type

Lunch/First course

What is needed:



100 g	Buckwheat
1	Leek
1 l	Water
2	Potatos
½ teaspoon	Salt
½ teaspoon	Red sweet pepper
2 spoons	Cream
1	Parsley Root
1 teaspoon	Butter

How to make it:

Wash the buckwheat and strain it. Bake the leek and parsley root on butter until it becomes gold-brown. Then add buckwheat, ground red pepper, salt and water. Peel and grate the potatoes and put it in the soup. Cook approximately 20 minutes on medium fire when buckwheat and vegetables are softened. Add 2 spoons of cream, cook for 2 minutes and serve.

Preparation time

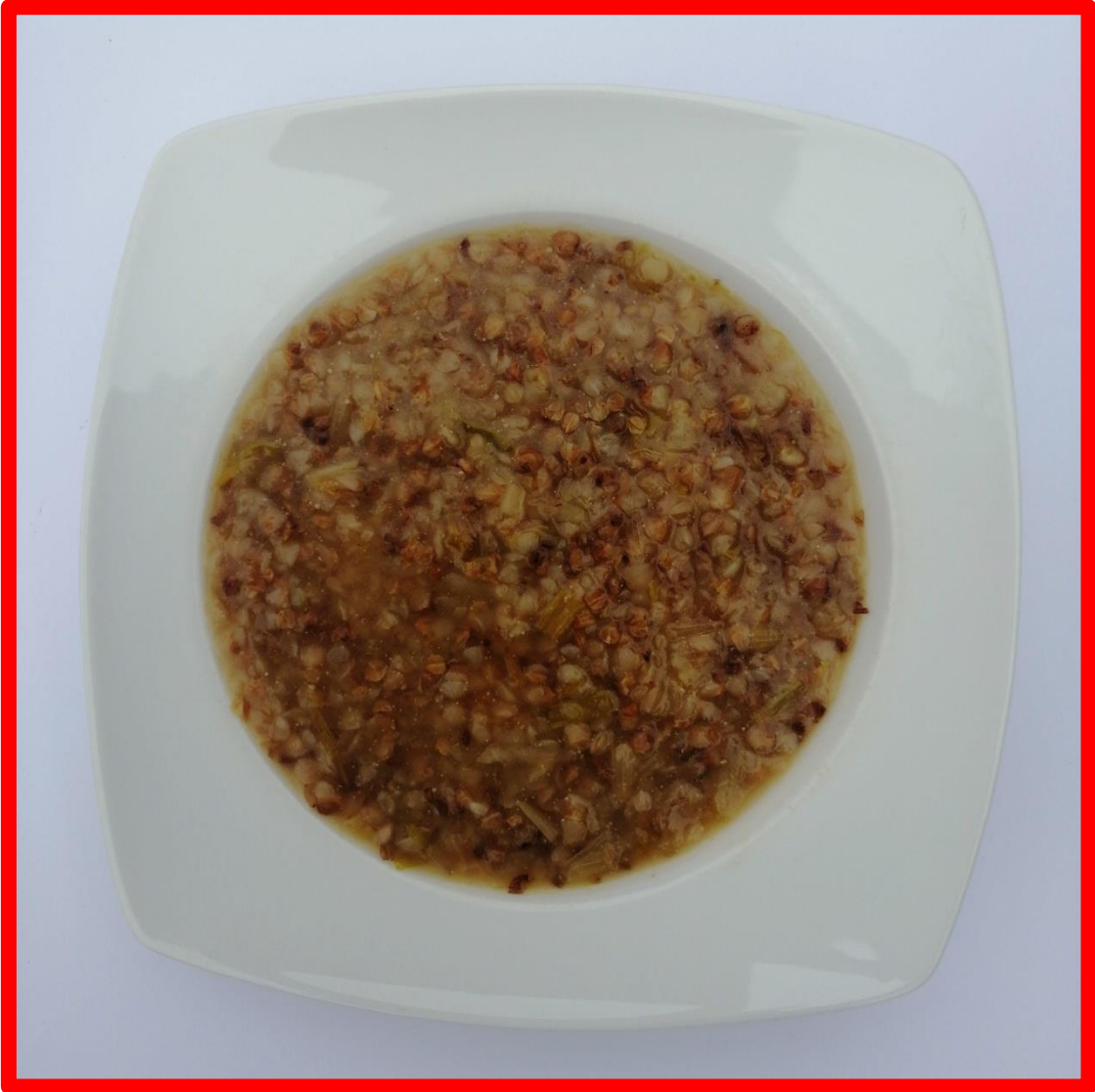
30 minutes

Cook time

40 minutes

Allergenic contens:





Butternut pumpkin soup with oat flakes

Type	Lunch, First course
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What is needed:



250 g	Butternut Pumpkin
1/2	Onion
1	Carrot
1 l	Water
3 spoons	Oat flakes
1 teaspoon	Pumpkin oil
1/2 teaspoon	Salt
1	Potato
3 spoons	Cream

How to make it:

Chopped onion put in a bowl with a little water. Cook onion until the water evaporates and the onion turn in gold-brown color. Clean the pumpkin, carrot and potato and cut into small pieces. Sliced vegetables put in a bowl with onion and pour with 1 liter of water. Add salt and cook vegetables until it softens. Then add cream and cook 3-4 minutes and add oat flakes. Mix everything with a stick mixer. After serving you can pour the soup with a few drops of pumpkin oil.

Preparation time	20 minutes
Cook time	40-50 minutes

Allergenic contens:





Spinach muffin with turkey and mozzarella

Type	Lunch/First course
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What is needed:



160 g	Spinach
50 g	Oat flakes
2	Eggs
1 teaspoon	Salt
450 g	Turkey fillet
1 teaspoon	Butter
1/2	Baking powder
125 g	Mozzarella

How to make it:

Preheat the oven to 200 degrees.

Prepare the mixture of 2 egg yolks, spinach and ½ teaspoon salt. Add oat flakes and baking powder into the mixture. Separately white the egg white snow. Add egg white snow and mix all together. Put the mixture into muffin molds and bake for 30 minutes. Turkey fillet cut into small straps salt it and fry on melted butter for 15 minutes. Then add mozzarella cut into pieces on turkey fillet and cook until mozzarella is melted.

Preparation time	15 minutes
Cook time	50 minutes

Allergenic contens:





Carrot salad with sesame seeds

Type	Lunch/Side
------	------------

What is needed:



400 g	Carrot
2 spoons	Sesame seeds
½ teaspoon	Salt
1/3	Lemon
2 teaspoon	Pumpkin oil
3 spoons	Corn

How to make it:

Wash the carrot, peel it and grate it. Put salt on the carrot, pumpkin oil and third of the juiced lemon. Mix all together then add sesame seeds and corn. Serve the salad.

Preparation time	10 minutes
Cook time	

Allergenic conteins:





Millet porridge with apples and honey

Type	Breakfast
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What is needed:



200 g	Millet porridge
5 dl	Water
4 small	Apples
1 teaspoon	Cinnamon
2 spoons	Honey

How to make it:

Wash the millet porridge and put in a bowl with a boiling water. Cook for 10 minutes on low heat then add peeled and grated apples and cinnamon. Cook all together for another 10 minutes. After cooking add honey, mix and serve.

Preparation time	5 minutes
Cook time	20 minutes

Allergenic conteins:





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Lambs lettuce and tomato salad

Type	Lunch/side
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What is needed:



100 g	Lambs lettuce
250 g	Tomato
1 teaspoon	Pumpkin oil
1/2	Lemon
½ teaspoon	Salt
1 spoon	Sunflower seeds

How to make it:

Wash tomatoes and lambs lettuce. Slice the tomatoes. Add salt and sunflower seeds. Pour the vegetables with lemon juice and pumpkin oil. Gently mix and serve.

Preparation time	10 minutes
Cook time	

Allergenic conteins:





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Pea sauce with batata puree and chicken fillet with flax seeds

Type

Lunch/First course

What is needed:



1 cup	Oat flakes
1kg	Batat
2	Eggs
1 teaspoon	Butter
200 g	Pea
2 teaspoon	Salt
2 spoons	Sour cream
450 g	Chicken fillet
1 cup	Flax seeds

How to make it:

Put peeled and sliced batata in boiling water. After 20 minutes, when batata softens, strain and add butter. Blend to certain texture. As batata is cooking, put pea in salted, boiling water. After 15 minutes strain and add 2 spoons sour cream and blend to sauce texture. Chicken fillet cut into strips and season with salt and coat with whisked egg white. Plan the chicken into whipped eggs then into oat flakes and flax seeds, mixed together. Bake on the baking sheet on greasy baking paper in an oven preheated to 200 degrees. Bake for 20-25 minutes at 180 degrees. First 5 minutes cover the meat with foil.

Preparation time

20 minutes

Cook time

60 minutes

Allergenic contains:





“Zlevanka“ with yogurt

Type

Afternoon snack

What is needed:



1 l	Liquid yogurt
3	Eggs
1/2 cup	Brown sugar
3 cups	Wheat flour
½ teaspoon	Salt
1	Baking powder
1 dl	Sour cream

How to make it:

Preheat the oven to 180 degrees. Whisk eggs with sugar and salt. Add yogurt and mix with mixer. Then add wheat flour and baking powder. Whisk all together. Pour the mixture into baking paper prepared in a baking pan. Whisk the sour cream until it is creamy and spread it over the surface of mixture. Bake for 45-50 minutes until it gets nice gold-brown colour. Serve warm or cooled down to room temperature.

Preparation time

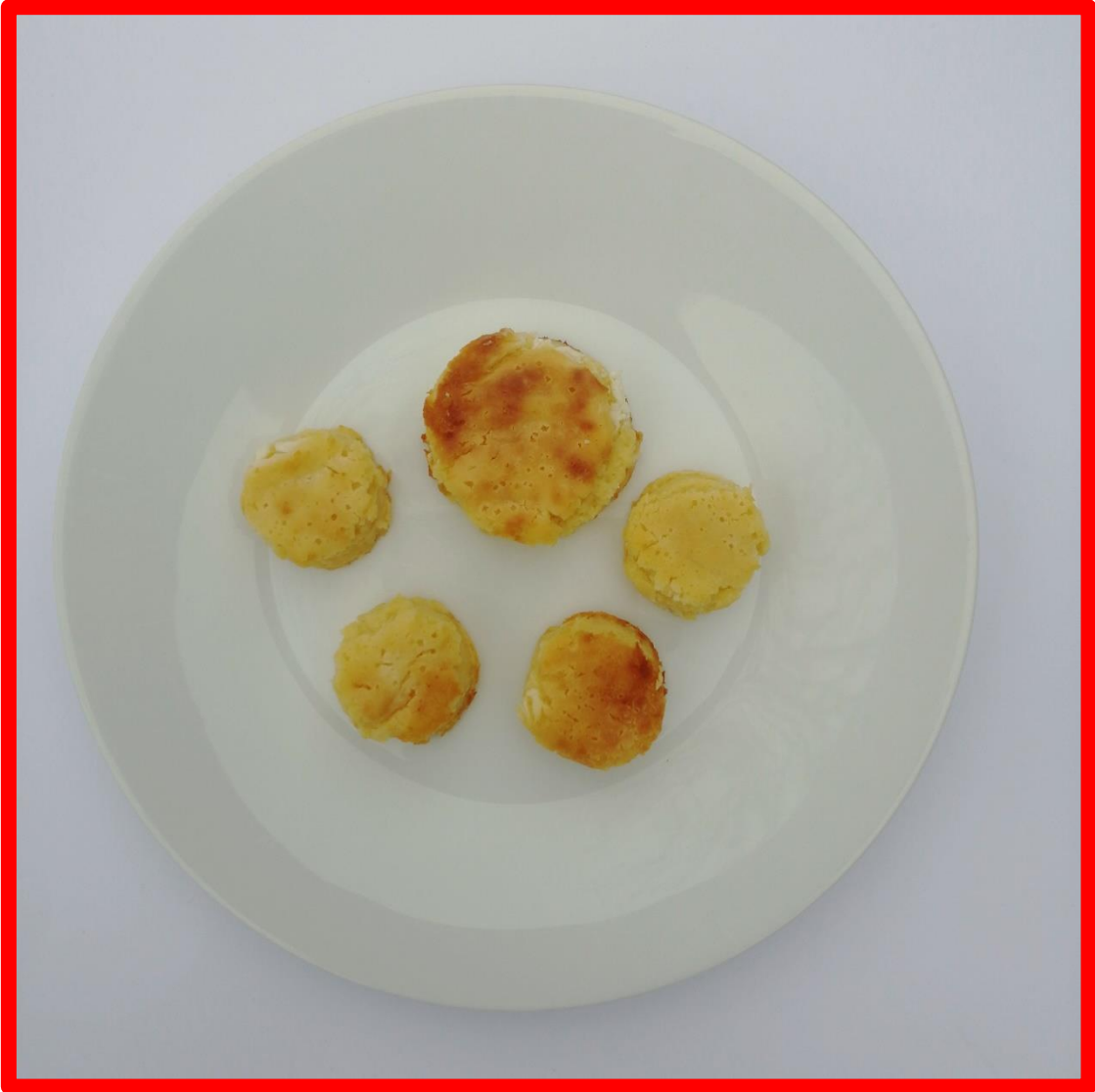
10 minutes

Cook time

50 minutes

Allergenic contains:





 **FINE!**  

Fruit salad with berries

Type	Afternoon snack
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What is needed:



125 g	Blueberries
125 g	Raspberries
125 g	Blackberries
1	Pear
250 g	Melon
125 g	Red Currant
200 g	White Grape
1 spoon	Honey
1/2	Lemon

How to make it:

Wash seasonal berries and combine with fruit as desired to prepare fruit salad with rich flavours. Peel the melon and pear and remove the middle part before chopping into equal pieces. Mix with the berries. Squeeze a half a lemon and pour over the fruit. Add a spoon of honey. Mix all ingredients and serve.

Preparation time	20 minutes
Cook time	

Allergenic conteins:





 FINE!  

Wheat grits with cinnamon and chocolate

Type	Breakfast
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What is needed:



600 ml	Milk
40 g	Wheat grits
1 spoon	Honey
½ teaspoon	Cinnamon
5 g	Dark chocolate

How to make it:

Pour the milk into the pot to boil. Put the wheat grits into the milk and mix with a foam on low heat. Cook until the mixture begins to thicken (approximately 7-10 minutes). Remove from the stove and add honey and cinnamon. Spread the mixture into 4 bowls and sprinkle with dark chocolate.

Preparation time	5 minutes
Cook time	15 minutes

Allergenic contens:





 FINE!  



Hungary

Józsefvárosi Egyesített Bölcsődék



<http://www.bolcsode-bp08.hu/index.html>

Year of foundation	1994
Main Characteristics	Daycare for children at age 0-3
Location of the activities, target groups	Józsefváros, Budapest, Hungary Target groups: children from twenty months to three years.
Main activities	Promoting the physical, mental and social well-being and balanced development of children.
Dimension of the company	197 professionals and technical workers work at the Józsefvárosi Egyesített Bölcsődék. The JEB has 7 member-institutions and 7 kitchens in the nurseries.





Hungary

Climate: continental

Local agriculture products:

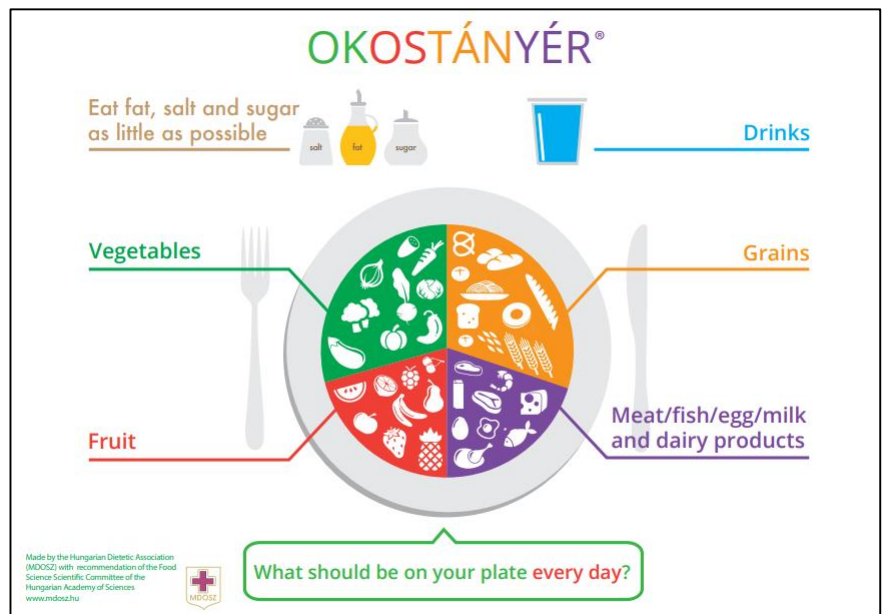
vegetables	tomato, paprika, carrot, potato, cabbage
fruits	apple, pear, cherry, sour cherry, plum, apricot, peach, grape
grains	wheat, maize, barley, rice, oat
meat	poultry, cattle, pig, sheep, (river) fish

Daily menu composed	Traditional meal time
breakfast	7-9 am
mid am snack	10-11 am
lunch	12-2 pm
mid pm snack	3-4 pm
dinner	6-8 pm

Main nutrition: traditional lunch courses: soup, main course, dessert

Tradicional eating habits/dishes: use of sunflower oil, **lángos**, **pörkölt**, **lecsó**, sausages, sweets: **rétes**, **palacsinta**
Hungaricum (Hungarian specialities): Dobos cake, Gulash soup, Fish soup

Food-Based Dietary Guideline in Hungary



http://mdosz.hu/hun/wp-content/uploads/2016/10/mdosz_kreativ_v25_eng.pdf



“Vitamine ball” rolled in grated walnut

Type	Afternoon snack
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What is needed:



500 g	Apple
500 g	Carrot
300 g	Ground biscuit
to taste	Honey
500 g	Walnut

How to make it:

Grate the apple and the carrot on a small hole grater. Mix the ingredients. Press out the juice before adding the apple and the carrot. Form small balls and roll them in walnut.

Preparation time	20 minutes
Cook time	-

Allergenic contens:





 FINE!  

Cheese Balls

Type

First course

What is needed:



400 g	Edamer cheese
3 pieces	Eggs
100 g	Bread crumbs
to taste	Nutmeg

How to make it:

Grate the cheese and mix it with the eggs. Flavour it with nutmeg and thyme. Form little dumplings, roll them in bread crumbs and bake them in a preheated oven.

Preparation time

30 minutes

Cook time

-

Allergenic contens:





 FINE!  

Cheese souffle

Type	Lunch
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What is needed:



100 g	Wholegrain flour
400 g	Edamer cheese
100 g	Margarine
500 ml	Milk
to taste	Parsley
to taste	Salt

How to make it:

Melt the margarine on fire, add the flour and stir it until dissolved. Add the milk and prepare a thick béchamel sauce. Grate the cheese before the béchamel is ready, put it into the mash. Flavour it with salt and fresh parsley. Put it into a preheated oven and bake it on 180 degrees for 40 minutes. Let it cool a bit before slicing up.

Preparation time	5 minutes
Cook time	40 minutes

Allergenic contens:





Spinach pottage

Type

Lunch

What is needed:



500 g	Fresh spinach leaves
4 cloves	Garlic
100 ml	Water
400 ml	Milk
15 gr	Flour
30 gr	Sunflower oil
to taste	Salt
to taste	Black pepper

How to make it:

Wash the spinach and strain it. Boil water in a larger dish and put the leaves into it. Boil it for 3-4 minutes. Strain then liquidize the cooked leaves with a blender.

Prepare the roux. Heat oil, add the pressed garlic and toast it for a minute. Add the flour and stir it for one more minute.

Take the roux off the heat and add water gradually while mixing it with a whisk until it gets smooth.

Add the spinach pure to the roux and put the dish back onto the cooker. Pour the hot milk into it and bring it up to boil on a low heat while mixing it. Season it with salt and pepper.

Preparation time

10 minutes

Cook time

20 minutes

Allergenic contains:





 FINE!  

Cottage cheese mixed with beetroot

Type	Breakfast
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What is needed:



150 g	Cottage cheese
50 g	Yogurt
50 g	Grated beetroot
to taste	Salt
to taste	Sugar

How to make it:

Mix the cottage cheese with yogurt, flavour it with salt and sugar, then add the grated raw beetroot. Mix it with hand-held blender.

Preparation time	10 minutes
Cook time	-

Allergenic contens:





Homemade carrot cream

Type

Breakfast

What is needed:



250 g	Cottage cheese
150 g	Plain yogurt
50 g	Carrot
to taste	Chive
to taste	Garlic
to taste	Salt

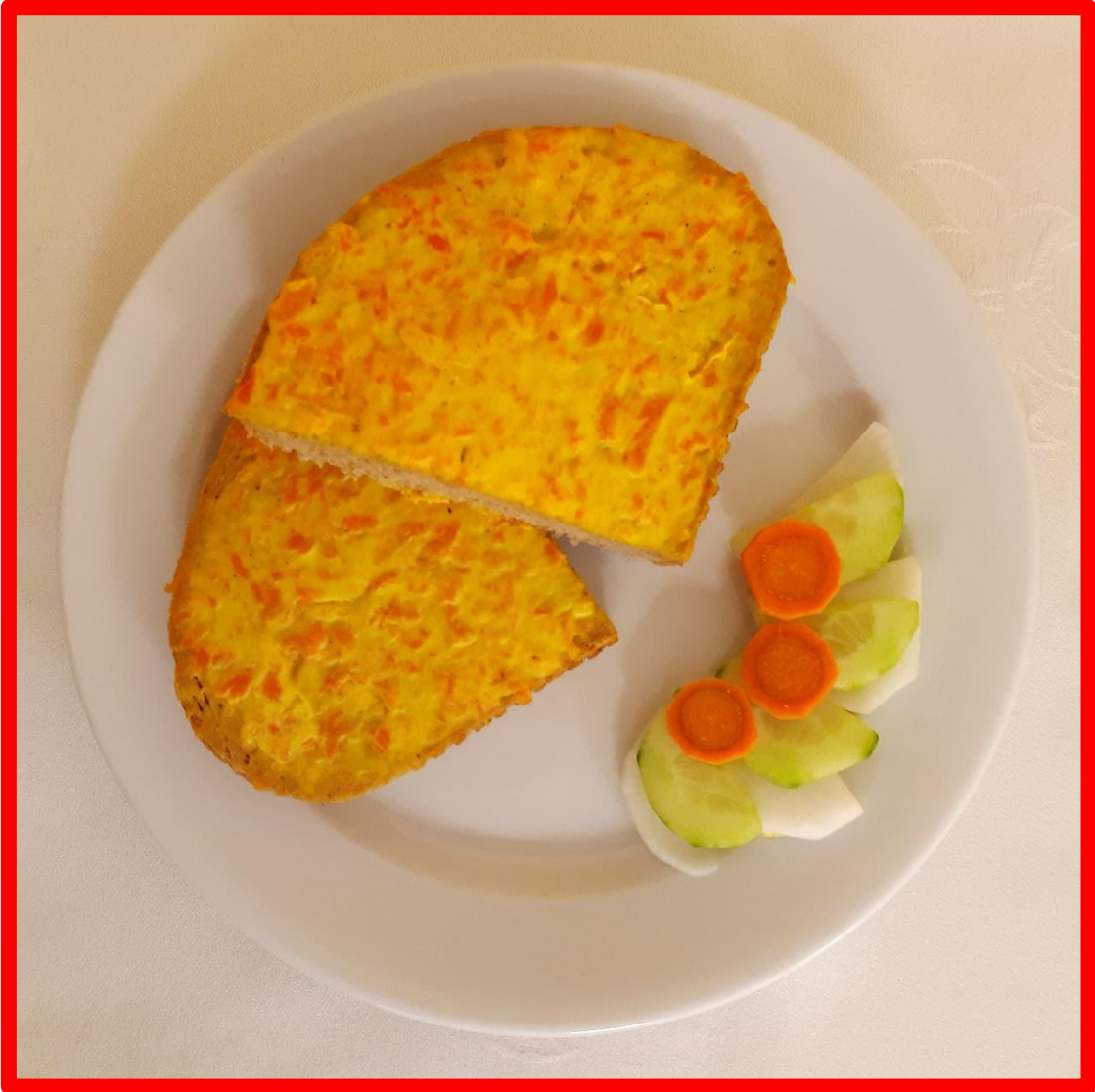
How to make it:

Peel the carrot and grate it on a small hole grater. Salt it, then push out its juice after leaving it still for a few minutes. Stir the cottage cheese with the yogurt, add the carrot and the crushed garlic, flavour it with chive.

Preparation time	10 minutes
Cook time	-

Allergenic contens:





 FINE!  

Hungarian apple pie

Type

Afternoon snack

What is needed:



400 g	Wholegrain flour
150 g	Margarine
200 g	Sugar
8 g	Baking powder
2 pieces	Eggs
90 g	Sour cream
1 kg	Apple
100 g	Chopped walnuts
to taste	Cinnamon
1 piece	Lemon

How to make it:

For the pastry put the wholegrain flour and baking powder in a bowl. Crumble the margarine into it. Add half of the sugar, one whole egg and sour cream, and knead with quick movements until it is well mixed. Divide the pastry into two equal balls. Wrap them up with cling film and place in the refrigerator. Meanwhile prepare the apple filling. Wash, peel and core the apples. Grate them on the large hole-side of the box grater. Squeeze the lemon, add that juice to the apple. Take a handful of grated apples and squeeze out the juice and place the squeezed out grated apple into a pan. Put the pan into the gas stove, add the rest of the sugar and season it with cinnamon. Simmer until tender, then add the chopped walnuts. Turn off the heat and set aside to let it cool. Preheat the oven.

On a floured pastry board roll out the first dough ball into a rectangular shape and place it into a buttered baking pan. Poke the pastry with a fork at intervals. Spread the prepared apple filling on the pastry layer. Roll out the second dough ball and place it on top of the apple filling. Beat one egg and with a pastry brush, brush the beaten egg onto the top. Poke the top with a fork and place in the preheated oven. Bake until top is golden brown. Cut into squares and serve slightly warm.

Preparation time

30 minutes

Cook time

30 minutes

Allergenic contains:





Hungarian cauliflower soup with turkey breast

Type	Lunch
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What is needed:



300 g	Turkey breast
500 g	Cauliflower
400 g	Carrot
200 g	Parsley root
100 g	Green pepper
100 g	Tomato
100 g	Red onion
20 g	Sunflower oil
150 g	Sour cream
to taste	Salt
to taste	Parsley
to taste	Black pepper
to taste	Red pepper "Hungarian paprika"

How to make it:

Peel the cauliflower, break into florets. Cut meat, carrot and parsley root into small cubes. In a saucepan boil the oil. Add the onion and the red pepper and cook, stirring, until the onion is softened. Then add the meat. When the meat is tender add the cauliflower, root vegetables, whole green pepper and tomato, season with salt and pepper, and bring to a boil. Cover and cook, stirring occasionally, until the vegetables are tender. Before the serving remove the green pepper and tomato. Into serving bowls add parsley, and if you like it, the sour cream.

Preparation time	15 minutes
Cook time	40 minutes

Allergenic contains:





 FINE!  

Layered cauliflower with turkey and cereal

Type

Main Course/ Lunch

What is needed:



500 g	Turkey meat
1500 gr	Cauliflower
100 gr	Red onion
200 gr	Oatmeal
100 ml	Sunflower oil
500 gr	Sour cream
to taste	Salt
to taste	Pepper
to taste	Red pepper
to taste	Caraway

How to make it:

Peel the cauliflower, break it into florets and boil them in slightly salty water. Mince the turkey, steam it with onion on oil. Season with the spices. Mix the plain oatmeal with the turkey meat. Do not cook the cereal, it will soften from the steamed turkey breast juice. Lay half of the cauliflower into a baking pan, pour the cereal mixed with the meat onto it, and cover it with the other half of the cauliflower. Spread some sour cream onto the top and bake it in the oven until it is brown.

Preparation time

35 minutes

Cook time

25 minutes

Allergenic contens:







Italy

ARCA Cooperativa Sociale a r.l. - Florence



<https://www.arcacoop.org>



Year of foundation	1983
Main Characteristics	Arca Cooperativa Sociale r.l. deals with the management of social, welfare and educational services designed and provided privately and in agreement with public administrations.
Location of the activities, target groups	Arca intervenes in the territorial area of the Provinces of Florence, Grosseto, Livorno, Lucca, Pisa, Pistoia and Siena with services aimed at the elderly, minors, the disabled, drug addicts, early childhood and people with mental illness.
Main activities	Arca manages services for early childhood, under 18, disabled people, elderly people, drug addicts, people with psychiatric discomfort and in disadvantaged situations or at risks of social exclusion in the Tuscany Region.
Dimension of the company	about 1300 workers





Italy

Climate: mediterranean

Local agriculture products: vegetables, fruits, cereals, legumes, olive oil, meat, fish

Daily menu composed	Traditional meal time
breakfast	7-8 am
mid am snack	9-10 am
lunch	12-2 pm
mid pm snack	4-5 pm
dinner	7-9 pm

Main nutrition, traditional lunch courses: pasta, main course (meat, fish, egg with vegetable side dish), fruit.

Food-Based Dietary Guideline for adults Italy (Tuscany)



<https://www.crea.gov.it/documents/59764/0/LINEE-GUIDA+DEFINITIVO+%281%29.pdf/3c13ff3d-74dc-88d7-0985-4678aec18537?t=1579191262173>



Apple cake

Type	Dessert/snack
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What is needed:



700 g	Apples
200 g	Flour
100 g	Sugar
70 ml	Oil
125 g	Fat white yogurt
100 g	Egg
1	Sachet baking powder
1	Lemon (both zest and juice)

How to make it:

Peel the apples and cut them into cubes, sprinkle them with lemon juice and zest. Beat the eggs with the sugar until stiff and then add the oil in the mixture. Add the yogurt and sift the flours with the yeast by incorporating them gently into the mixture. Finally add the apples and bake in a hot oven for 40 minutes at 180 °.

Preparation time	20-25 minutes
Cook time	40 minutes

Allergenic contains:





 FINE!  

Sauteed fennels and carrots

Type	Side dish
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What is needed:



200 g	Fennel
60 g	Oil
10 g	Salt
60 g	Carrots
1 clove	Garlic

How to make it:

Clean and wash fennel and carrots. Cut them into small pieces. Chop garlic and cook it with oil and water, add fennel and carrots, salt and cook for one hour.

Preparation time	1 hour
Cook time	

Allergenic conteins:





Crispy cod fillet

Type

Lunch/Main course

What is needed:



200 g	Cod
40 g	Oil
10 g	Salt
60 g	Bread Crumbs
20 g	Parsley

How to make it:

Arrange the cod in a tray and sprinkle it with breadcrumbs. Put it in a pan with oil, salt and bake at 180 for 25/30 minutes.

Preparation time

Cook time

35 minutes

Allergenic contens:





 FINE!  

Rice with broccoli cream

Type	Main course
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What is needed:



421 g	Broccoli
15 g	Salt
160 g	Onion
50 g	Oil
60 g	Parmesan
100 g	Pine nuts
240 g	Rice

How to make it:

Clean and wash the broccoli then boil for ten minutes in boiling salted water. Drain and add broccoli with pine nuts, oil, salt and parmesan and blend with a mixer. Chop the onion and brown it for a few minutes, add the rice and toast it. Sprinkle with vegetable broth and cook (about 15 minutes). Add the broccoli sauce and serve.

Preparation time	
Cook time	35 minutes

Allergenic contains:





 FINE!  

Bread with tomatoes

Type

Afternoon snack

What is needed:



400 g	Cherry tomatoes
16 g	Olive oil
Qb	Oregano
Qb	Basil
200 gr.	Bread

How to make it:

Cut the bread in slices.
Copped tomatoes and put it in a bowl.
Add salt, oregano, olive oil and chopped basil.
Than put it on the sliced bread.

Preparation time

10 minutes

Cook time

Allergenic conteins:





 FINE!  

Pasta with eggplant

Type

Main course

What is needed:



60 g	Onion
2 cloves	Garlic
500 g	Eggplant
300 g	Tomatoes
qb	Basil
qb	Salt
20 g	Olive Oil
300 g	Pasta
qb	Oregano

How to make it:

Cut the onion and garlic and cook in a pot with a little water. Add the eggplants, peel and chopped, and add some salt. Let it cook for a while. Than, add basil and tomatoes and oregano. When it's cooked, smoothie everything and add olive oil. When pasta it's cooked, add the sauce and serve.

Preparation time

Cook time

20 minutes

Allergenic conteins:





 FINE!  

Chicken with lemon juice

Type	Main course/Lunch
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What is needed:



400 g	Chicken breast
qb	Flour
qb	Salt
1	Lemon juice
150 g	Water

How to make it:

Cut the chicken breast in pieces.

Add salt and flour the pieces.

Put them in a baking dish and put it in the oven at 180 degrees. Sometimes turn the chicken and when is almost cooked, add lemon juice and water.

When it's cooked, add fresh olive oil.

Preparation time	
Cook time	30 minutes

Allergenic conteins:





 FINE!  



Portugal

Centro Social de Soutelo



www.centrosociaisoutelo.org



Year of foundation	1976
Main Characteristics	Centro Social de Soutelo (CSS) is a Portuguese non-profit organization. CSS develops its activity in the Oporto district (Gondomar, Porto and Matosinhos), in the areas of early childhood /youth education, the elderly and social and community intervention. Our mission is "Meeting the legitimate needs and expectations of the community, promoting equality, participation, cooperation and solidarity". Thus, CSS has as statutory purposes to support the family in the education and protection of children, promote the well-being of the elderly and respond to the needs of the community through typical educational and social services and social intervention project.
Location of the activities, target groups	Rio Tinto, Porto, Portugal
Main activities	Child and youth education: Nursery, kindergarten, extra school occupational programs (6-16 years) Support to the elder: day center, home support Social and community intervention projects: health, alcoholism and drug addiction, unemployment in socially vulnerable groups, poverty and social exclusion, children at risk.
Dimension of the company	110 permanent workers, 22 volunteers





Portugal

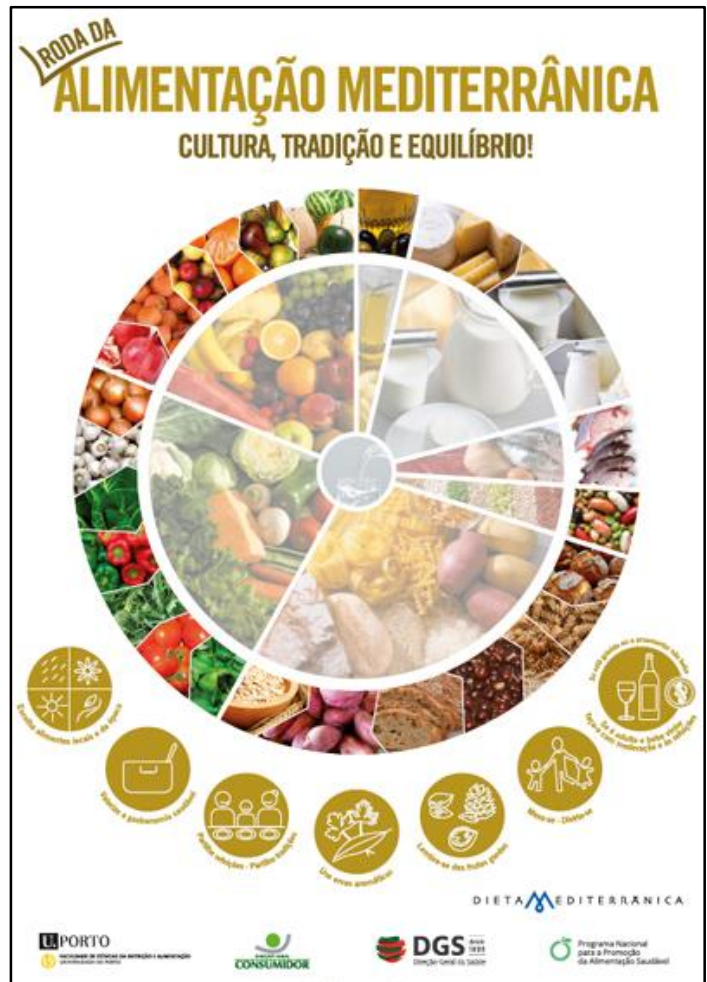
Climate: mediterranean

Local agriculture products: vegetables, fruits, grains, meat,

Daily menu composed	Traditional meal time
breakfast	7-9 am
mid am snack	10-11 am
lunch	12-2 pm
mid pm snack	3-5 pm
dinner	7-9 pm

Main nutrition: Soup, fish/meat (protein), rice/potatoes/pasta and vegetables (salad or cooked vegetables), dessert (fruit or sweet dessert)

Food-Based Dietary Guideline in Portugal



<https://www.sns.gov.pt/noticias/2016/06/20/roda-da-alimentacao-mediterranica/>



Chef-style hake fillets

Type	Main Course/Lunch
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What is needed:



4 (aprox.130 g each)	Hake fillets
100 g	Onion
100 g	Ripened tomato
4	Garlic cloves
2	Bay leaves
500 ml	Olive oil
150 g	Unleavened wheat flour
500 g	Potatoes
100 g	Carrot
300 g	Cabbage
To taste	Salt

How to make it:

Prepare the onion and tomato sauce. Place 100 ml of olive oil in a pan and add the chopped onion and garlic, the tomato and the laurel. Cook over low heat for 15 minutes.

Season the fish with salt or to taste. Pass the fillets through flour and remove the excess. Place on a tray with the remaining oil and cover the fillets with the onion and tomato sauce ready. Place the pan in the oven previously heated to 180 degrees for 30 minutes.

While the fish is cooking, prepare the side dish: Peel the potatoes and carrots and prepare the cabbage. Place the vegetables in a pan with salted water and cook about 15 minutes after boiling.

Preparation time	10-15 minutes
Cook time	30 minutes

Allergenic contains:





 FINE!  

Rancho

Type	Main Course/Lunch
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What is needed:



100 g	Penne pasta
200 g	Chick peas
50 g	Onion
100 g	Carrot
200 g	Cabbage
100 ml	Olive oil
2	Garlic cloves
100 g	Ripped Tomato
100 g	Spicy Sausage/Chorizo
200 g	Beef
200 g	Pork
2	Bay leave

How to make it:

Place the oil and onion in a saucepan over a heat. Cook until golden. Add a little water and bring to a boil. When it boils, add the diced tomatoes, salt, garlic and bay leaves. Then add the beef and cook 15 minutes. Add the pork and cook for 45 minutes over low heat. Then add water (enough to cook the penne) the cabbage, the chorizo, the carrot (broken into small pieces), the penne and the previously cooked chickpeas. Cook for 15 minutes and serve.

Preparation time	10 minutes
Cook time	75 minutes

Allergenic contens:





 FINE!  

Roasted Chicken

Type

Main Course/Lunch

What is needed:



1 (aprox.1kg)	Chicken
100 g	Onion
2	Garlic clove
To taste	Salt
To taste	Bay leaves
To Taste	Powdered sweet chilli
1	Lemon
Q.b.	Olive oil

How to make it:

Cut the chicken into pieces. Pre-season the chicken with the chopped garlic, salt, sweet pepper and lemon juice. Place a little olive oil, sliced onion, bay leaf and prepared chicken in a pan.

Bake at 180 degrees for 60 to 90 minutes. During cooking, turn the chicken pieces to roast evenly. Serve with rice, baked potatoes and lettuce salad or other vegetables of your choice.

Preparation time

Cook time

60-90 minutes

Allergenic contens:





 FINE!  

Vegetable Soup

Type	Soup/Lunch
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What is needed:



1500 ml	Water
200 g	Potato
200 g	Pumpkin
200 g	Cabbage
100 g	Leek
to taste	Salt
to taste	Olive oil

How to make it:

Place all the ingredients, except the olive oil in a pan and let it cook for 45 minutes. At the end of the cooking add the olive oil. Grind with a food processor until creamed.

Preparation time	10 minutes
Cook time	45 minutes

Allergenic conteins:





 FINE!  

Boiled Hake With Chickpeas

Type

Main course/Lunch

What is needed:



600 g (4 slices)	Hake
500 g	Potato
150 g	Chickpeas
500 g	Cabbage
To taste	Salt

How to make it:

Soak the chickpeas 12 hours in advance: in a bowl cover the chickpeas with cold water. During this period you can change the water. Discard the water in the chickpeas that have been soaked and set aside.

Place the previously peeled potatoes and salt in a pot with water. After boiling, let it cook for 10 minute. Add the cabbage, the grain and the hake and cook for 15 to 20 minutes. Strain the water and serve.

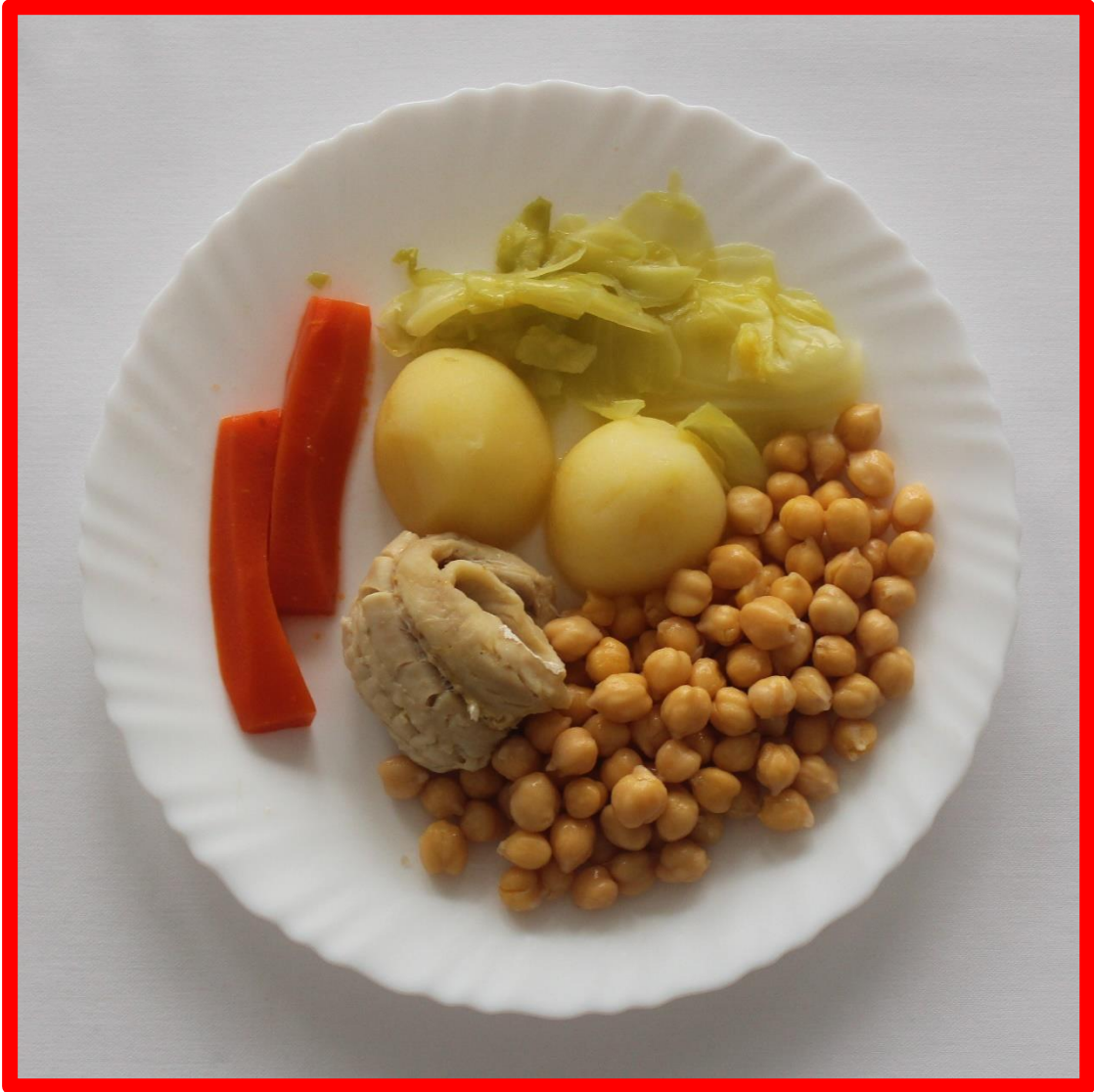
Preparation time

Cook time

30 minutes

Allergenic conteins:





Canja (Chicken Soup)

Type	Soup/Lunch
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What is needed:



1500 ml	Water
80 g	Pasta suitable for soup (small pasta shaped like stars or alphabet)
250 g	Chicken
To taste	Salt
To taste	Olive oil

How to make it:

In a pan place the water, the chicken and the salt. Let the chicken cook for about 40 minutes. Remove the chicken from the pan and set aside. In the cooking water of the chicken put the paste and cook to taste. Bone and shred the chicken. When the paste is cooked to taste, add the shredded chicken and a drizzle of olive oil and boil for 5 minutes.

Preparation time	
Cook time	60 minutes

Allergenic conteins:





Pumpkin Jam

Type	Breakfast/snack
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What is needed:

300 g	Pumpkin
100 g	Sugar
1	Cinnamon stick



How to make it:

Place all ingredients in a pan and cook for 30 minutes, stirring constantly. Once cooked, remove the cinnamon and grind in a food processor. Allow to cool and pack in an airtight glass bottle.

To use for breakfast or snack, spread the jam on a bread of your choice and accompany it with a glass of milk.

Preparation time	
Cook time	30 minutes

Allergenic conteins:





 FINE!  

Aletria

Type	Dessert/snack
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What is needed:



500 ml	Water
500 ml	Milk
100 g	Sugar
3	Cinnamon sticks
100 g	Vermicelli
1	Egg yolk
1	Lemon
25 g	Butter

How to make it:

In a saucepan place 500 ml of boiling water with sugar, lemon peel, cinnamon stick and butter. Simmer for 15 minutes. Remove the lemon peel and cinnamon. Add vermicelli to this mixture and cook for ten minutes. Mix the egg yolk with the milk until it dissolves and add this preparation to the vermicelli, stirring constantly, until it boils. Cook for 5 minutes. Serve in individual bowls or on a serving plate and sprinkle with cinnamon.

Preparation time	
Cook time	30 minutes

Allergenic contens:





Orange Cake

Type	Dessert/snack
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What is needed:



6	Eggs
200 g	Weath flour
150 g	Sugar
1	Orange (juice and zest)

How to make it:

In an electric mixer mix the eggs and sugar, for 10 minutes or until you get a fluffy cream. Add the juice and orange zest to the previous preparation. Add the flour and mix well.

Grease a cake pan and sprinkle it with flour. Place the dough inside. Place in a preheated oven at 180 degrees for 30 to 40 minutes.

Preparation time	
Cook time	40 minutes

Allergenic conteins:





 FINE!  

Banana and Oatmeal Pancakes

Type	Breakfast
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What is needed:



2	Bananas
5 tablespoon	Oatmeal flakes
2	Eggs
to taste (optional)	Cinnamon

How to make it:

Start by crushing the bananas with a fork. Then add the 2 whole eggs and the oatmeal flakes to the mixture and stir. Heat a nonstick skillet and start cooking the pancakes in the size and shape you want.

Preparation time	
Cook time	15 minutes

Allergenic contens:





