Week menu

Energie

MBfood
PŘEJE DOBROU CHUŤ

Monday 21.1.2019

Soup	Creamy vegetable soup with herbs 7,9 or Garlic soup 9
1	Pork steak with mushrooms sauce and rice 7
2	Spaghetti Carbonara with bacon, fresh herbs and Parmesan 1a,3,7
3	FIT : 560 Kcal Falafel with tabbouleh salad and youghurt dip 1a,3,7
4	Baked cod on butter, mashed potato with vegetable, Rouille sauce 3,4,7,9
	Greek salad with marinated onions and Fetta cheese 7

Tuesday 22.1.2019

Soup	Creamy leek soup 1a,3,7 / Hen broth with meat and noodles 1a,3,9
1	Chicken Kung-Pao with jasmin rice 1a,5,6
2	Burger with potato purée and pickles 1a,3,7,10
3	FIT : 515 Kcal Cholent with oyster mushrooms
4	Sepia noodles with prawns skewer, chilli, ginger and coriander 1,2,3
	Asia soup with glass noodles,duck and jelly ear mushrooms 2

Wednesday 23.1.2019

Soup	Beef broth with vegetable and pancake noodles 1a,3,9 or Corn soup
1	Roast beef with gravy and pickles, pasta or rice
2	Pork ribs in BBQ marinade with French fries 1a
3	Buns with vanilla creamy sauce 1a,3,7
4	FIT : 420 Kcal Zander baked on Thyme, grilled vegetable 4
	Green lettuce with Halloumi, tomato and cranberries 7

Thursday 24.1.2019

Soup	Pea soup with sausage 1a / Semolina soup with egg 1a,3,7,9
1	Turkey schnitzel with potato salad 1a,3,7
2	Wine sausage with boiled potato
3	Gratinated sweet potato with vegetable, chedar and olive tapenada 7
4	Beef burger with bacon, cheeser, tomato and French fries 1,3,7
	Thai soup with noodles, salmon and cocnut milk 2,4

Friday 25.1.2019

Soup	Goulash soup 1a / Minestrone 1a,9
1	Tortilla with chicken, Chedar cheese, sour cream and salsa, French fries 1a,3,7
2	Pork goulash with sour cabbage and bread dumplings 1a,3,10
3	Penne Quatro Formagi with Romanesco 1a,3,7
4	FIT : 502 Kcal Pork tenderlion with rosemary, cous.cous and herbs dip 7
	Farm salad with baked corn and potato chips

The staff will be happy to provide you with information on the presence of allergens
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