

## 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, cheddar and olive tapenade 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, Cheddar 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