

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 yoghurt dip 1a,3,7
- Salad of the day

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 jasmine rice 1a,5,6
 - 2 Burger with potato purée and pickles 1a,3,7,10
 - 3 FIT : 515 Kcal Cholent with oyster mushrooms
- Salad of the day

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
- Salad of the day

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
- Salad of the day

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 Quattro Formagi with Romanesco 1a,3,7
- Salad of the day