

## Monday 18.3.2019

- Soup Cabbage soup 1a / Hen broth with vegetable, meat and noodles 1a,3,9
- 1 Pork stripes Sichuan with vegetables and rice 1a,6
  - 2 Gratinated pasta with pickles and beet-root 1a,3,7
  - 3 FIT : 376 Kcal Gratinated zucchini stuffed with vegetables, tomato sauce and boiled potato 7
  - 4 Chicken Gordon Bleu with mashed potato 1a,3,7
- Iceberg lettuce with tuna, tomato and olives 4

## Tuesday 19.3.2019

- Soup Creamy spinach soup with croutons 1a,3,7,9 or Semolina soup with eggs and vegetables 1a,3,9
- 1 Pork neck Serbian style, rice 9
  - 2 FIT : 451 Kcal Chicken risotto with cheese and pickles 7,10
  - 3 Vegetable Curry with coconut milk and rice 1a
  - 4 Chicken Supreme, gratinated potato with spinach 1a,7
- Farm salad with baked corn and potato chips

## Wednesday 20.3.2019

- Soup Hen broth with meat and noodles 1a,3,9 / Chickpea soup 7
- 1 Gratinated chicken steak with cheese and pear, French fries 7
  - 2 Home made meatloaf with boiled potato, mustard and pickles 1a,3,7,10
  - 3 Vegetable Nasi Goreng with egg and fried onion 5, 6
  - 4 Beef burger with bacon, Cheddar, tomato and French fries 1,3,7
- FIT 522 Kcal Mixed salad with salmon and yoghurt dip 4,7

## Thursday 21.3.2019

- Soup Creamy cauliflower soup 1a,7 or Beef broth with meat and noodles 1a,3,9
- 1 Turkey schnitzel with potato purée and pickles 1a,3,7
  - 2 Potato pancakes with spicy pork stripes 1a,3
  - 3 Fusilli Pomodoro with mozzarella and basil 1a,3,7
  - 4 Pork tenderlion marinated in herbs with Parmesan sauce and herbs bulgur 1a,7
- FIT : 436 Kcal Ruccola salad with baked beetroots and Cottage 7

## Friday 22.3.2019

- Soup Lentil soup 1a / Onion soup 1a
- 1 Roast beef with creamy vegetable sauce and bread dumplings 1a,3,7,9
  - 2 Baked chicken thigh on pepper and tomato, fried potato 1a
  - 3 Gratinated creamy potato with leek, beetroots salad 3,7
  - 4 Salmon with black root, creamy sauce and leek 4,7
- FIT : 399 Kcal - Iceberg lettuce with gratinated goat cheese and cranberries 7