

## Monday 20.5.2019

- Soup Lentil soup 1a / Onion soup 1a
- 1 Thai chicken curry with vegetable and rice
  - 2 Potato dumplings stuffed with smoked meat, red cabbage and fried onion 1a,3,10
  - 3 Spaghetti with olive tapenade, dried tomato, rucola and cheese 1a,3,7
  - 4 Cod with pumpkin risotto 4,7
- FIT : 480 Kcal Salad with avocado, tomato nachos, chicken and Cheddar dip 7

## Tuesday 21.5.2019

- Soup Tomato soup 9 / Vegetable broth with cous-cous 1a,9
- 1 Grilled pork neck steak on pepper with creamy sauce, rice 1a,7
  - 2 Baked chicken with grilled roots vegetables, boiled potato 1a,9
  - 3 FIT : 480 Kcal Vegetable Nasi Goreng with egg and fried onion 5,6
  - 4 Salmon with creamy spinach, buttered papardelle 1a,3,4,7
- Iceberg lettuce with gratinated goat cheese and cranberries 7

## Wednesday 22.5.2019

- Soup Creamy mushrooms soup 1a,7 or Hen broth with dripping 1a,3
- 1 Turkey roll with stuffing, rice 1a,3,7
  - 2 Stuffed pepper pod with tomato sauce, bread dumplings or rice 1a,3,9
  - 3 Lasagna Quattro Formaggio with spinach 1a,3,7
  - 4 Baked duck on cumin, red cabbage and bread dumplings 1a,3,7
- FIT : 480 Kcal Salad with avocado, tomato nachos, chicken and Cheddar dip 7

## Thursday 23.5.2019

- Soup Beans soup 1a or Garlic soup
- 1 Turkey schnitzel in corn flakes, potato purée 1a,3,7
  - 2 Pork liver on onion with herbs, rice 1a
  - 3 Fusilli Pomodoro with mozzarella, basil and Parmesan 1a,3,7
  - 4 Boar goulash with bacon dumplings 1a,3,7
- FIT : 390 Kcal Iceberg lettuce with tuna, tomato and olives 4

## Friday 24.5.2019

- Soup Beef broth with meat and noodles 1a,3,9 or Corn soup with chilli
- 1 Roast beef with creamy vegetable sauce and bread dumplings 1a,3,7,9
  - 2 Chicken Sweet and Sour, jasmine rice
  - 3 Beans burger gratinated with goat cheese, vegetable salad, cranberries 1a,3,7
  - 4 Chicken Gordon Bleu with mashed potato 1a,3,7
- FIT : 470 Kcal Mixed salad with marinated camembert 7