

## Monday 15.7.2019

- Soup Beef broth with meat and noodles 1a,3,9 / Potato-leek soup 7
- 1 Baked pork with mushrooms sauce, rice or French fries 1a
  - 2 Chicken risotto with cheese and pickles 7,10
  - 3 Indian lentils dhal with basmati rice
  - 4 Baked salmon with lime sauce and potato pie 1a,3,4,7
- Farm salad with baked corn and potato chips

## Tuesday 16.7.2019

- Soup Goulash soup 1a or Vegetable broth with pasta 1a,3,9
- 1 Chicken Kung-Pao with jasmin rice 1a,5,6
  - 2 Fried carp fries, chive potato and yoghurt dip 1a,3,4,7
  - 3 Penne Arabiatta with basil, olives and cheese 1a,3,7
  - 4 Roast beef with potato purée and grilled vegetable 7
- FIT : 390 Kcal Iceberg lettuce with tuna, tomato and olives 4

## Wednesday 17.7.2019

- Soup Lentil soup 1a / Onion soup 1a
- 1 Roast beef with creamy vegetable sauce and bread dumplings 1a,3,7,9
  - 2 Dutch schnitzel with boiled potato 1a,3,10
  - 3 Chickpeas Falafel with tabouleh salad and mint yoghurt 1a,7
  - 4 Zander with creamy risotto and broccoli 4,7
- FIT : 456 Kcal Green lettuce with Halloumi, tomato and cranberries 7

## Thursday 18.7.2019

- Soup Tripes soup 1a or Beef broth with liver dumplings 1a,3,9
- 1 Pork schnitzel with potato salad 1a,3,7,9
  - 2 Chicken thigh marinated in thyme with vegetable cous-cous 1a
  - 3 Home made pancakes with apricote, sour cream and maple syrup 1a,3,7
  - 4 Rabbit on Burgundy style with potato gnocchi 1a,9,12
- FIT : 479 Kcal Caesar salad with chicken and bread croutons 1a,3,7

## Friday 19.7.2019

- Soup Cabbage soup 1a / Hen broth with vegetable, meat and noodles 1a,3,9
- 1 Chicken gyros with Pita, green lettuce and Tzatziky 1a,3,7
  - 2 Greek Musaka with vegetable and minced meat and boiled potato 1,7
  - 3 Gnocchi Quattro Formaggi with Romanesco 1a,3,7
  - 4 FIT : 549 Kcal Baked trout on herbs, boiled potato 4
- Mixed salad with marinated camembert 7