

Monday 9.9.2019

- Soup Cabbage soup with smoked meat 7,9 or Bbeef broth with meat and noodles 1a,3,9
- 1 Chicken thigh with baby carrot and pea, potato purée or rice 7
 - 2 Spaghetti Bologna with cheese 1a,3,7
 - 3 Fried Camembert with boiled potato 1a,3,7
 - 4 Cod marinated in basil pesto with creamy risotto and dried tomato 4,7
- FIT : 402 Kcal Greek salad with marinated onions and Fetta cheese 7

Tuesday 10.9.2019

- Soup Creamy parsley soup with pumpkin seeds 7 or Hen broth with meat and noodles 1a,3,9
- 1 Chicken Curry with jasmin rice 2,14
 - 2 Meatloaf with mashed potato, mustard 1a,3,10
 - 3 FIT : 376 Kcal Gratinated zucchini stuffed with vegetables, tomato sauce and bulgur 1a,7
 - 4 Spaghetti with prawns skewer, tomato rucola and olive oil 1a,3,4,7
- Green lettuce with baked mozzarella in parma ham 7

Wednesday 11.9.2019

- Soup Sausage soup 1a or Vegetable broth with pasta 1a,3,9
- 1 Beef Chilli con Carne with rice 1a
 - 2 Chicken thigh BBQ, French fries and cabbage salad 1a,3,
 - 3 Mexican beans with tomato and sour cream, baked potato 7
 - 4 Pork tenderlion with cranberries sauce, gratinated potato 7
- FIT : 412 Kcal Salad with Halloumi and baked pepper 7

Thursday 12.9.2019

- Soup Dill soup 1a,3,7 / Hen broth with vegetable, meat and noodles 1a,3,9
- 1 Pork schnitzel wit chive potato 1a,3
 - 2 Penne with chicken, broccoli, creamy sauce and cheese 1a,3,7
 - 3 Buns with vanilla creamy sauce 1a,3,7
 - 4 Turkey Wok with vegetable and jasmin rice 1a
- FIT : 390 Kcal Green lettuce with tuna, tomato and olives 4

Friday 13.9.2019

- Soup Pea soup 1a / Garlic soup 9
- 1 Chicken breast with gratinated tomato, baked potato, corn and herbs sour cream 7
 - 2 Cholent with roasted pork neck 1a
 - 3 Fried cauliflower with boiled potato 1a,3,7
 - 4 FIT : 498 Kcal Paella with seafood 4,12
- Cesar salad with chicken and bread croutons 1a,3,7