

Monday 18.11.2019

- Soup Bean soup 1a,7 or Vegetable soup with bulgur 1a,9
- 1 Baked pork with cabbage and bread dumplings 1a,3
 - 2 Fried rice Nasi Goreng with chicken and ginger 2,3,5,14
 - 3 Fried cheese with boiled potato 1a,3,7
- FIT : 501 Kcal Farm salad with baked corn and potato chips

Tuesday 19.11.2019

- Soup Red lentil soup or Beef broth with meat and noodles 1a,3,9
- 1 Chicken Kung-Pao with rice 1a,5,6
 - 2 Pork ribs in BBQ marinade with French fries 1a
 - 3 Mexican beans with tomato and sour cream, baked potato 7
- FIT : 480 Kcal Salad with avocado, tomato nachos, chicken and Cheddar dip 7

Wednesday 20.11.2019

- Soup Hen broth with dripping 1a,3,9 or Sausage soup 1
- 1 Chicken steak with red pepper sauce, pasta or rice 1a,3
 - 2 Lasagna Bologna with cheese 1a,3,7,9
 - 3 Crumpets with apples and sour cream 1a,7
- FIT : 385 Kcal Salad with smoked trout 3,4

Thursday 21.11.2019

- Soup Cauliflower soup 1a,7 or Vegetable broth with pasta 1a,3,9
- 1 Pork schnitzel with chive potato 1a,3
 - 2 Chicken stripes with peanuts sauce and vegetable, rice 5
 - 3 Spaghetti with mozzarella, tomato pesto and rucola 1a,3,7
- FIT : 512 Kcal Tomato salad with red onion, chive, mayo and baguette 1a,3,7

Friday 22.11.2019

- Soup Minestrone 1a,7,9 / Creamy broccoli soup 7
- 1 Roast beef with dill sauce and bread dumplings 1a,3,7
 - 2 Baked chicken wings, grilled corn and potato purée 7
 - 3 Falafel with Pita bread and yoghurt/mint dip 1a,7
- FIT : 474 Celery salad with ham, nuts and apples 7,8,9