

Monday 2.12.2019

- Soup Beef broth with liver dumplings 1a,3,9 / Minestrone 9
- 1 Chicken thigh with baby carrot and pea, potato purée or rice 1, 7
 - 2 Spaghetti Bologna with cheese 1a,3,7
 - 3 Tortilla with beans, Cheddar and Jalapenos, green lettuce with tomato 1a,3,7
- FIT : 265 Kcal Caprese - tomato, mozzarella and olive oil 7

Tuesday 3.12.2019

- Soup Vegetable soup with egg dripping 1a,3,9 or Goulash soup 1a
- 1 Turkey steak with red pepper sauce, pasta or rice 1a,7
 - 2 Gratinated potato with pickles and beet-root 3,7
 - 3 Indian rice with kešu, raisins and mint dip 7,8
- FIT : 498 Kcal Iceberg lettuce with Gorgonzola, pear and nuts 7,8

Wednesday 4.12.2019

- Soup Krkonošské kyselo 7 or Onion soup 3
- 1 Beef Stroganoff with jasmin rice 1a,7
 - 2 Chicken steak with grilled vegetable and thyme sauce, rice
 - 3 Buns with vanilla creamy sauce 1a,3,7
- FIT : 402 Kcal Greek salad with marinated onions and Fetta cheese 7

Thursday 5.12.2019

- Soup Beef broth with meat and noodles 1a,3, 9 / Chickpeas soup
- 1 Pork schnitzel wit chive potato 1a,3
 - 2 Cod marinated in basil pesto with creamy risotto 4,7
 - 3 FIT : 353 Kcal - Baked potato stuffed with mozzarella and garlic spinah, yoghurt dresing 7
- Pasta salad with ham and cheese 1a,3,7

Friday 6.12.2019

- Soup Creamy carrot soup or Hen broth with meat and noodles 1a,3,9
- 1 Chicken Sweet and Chilli with black sesami seeds, jasmínovou rýží 11
 - 2 Dutch schnitzel with boiled potato 1a,3,10
 - 3 Spaghetti Aglio Olio Peperoncino with Parmesan 1a,3,7
- FIT : 390 Kcal Green lettuce with ham and poached egg 3,7