Week menu

Prague Gate

MBfood
PŘEJE DOBROU CHUŤ

Monday 2.12.2019

Soup	Beef broth with liver dumplings 1a,3,9 / Minestrone 9
1	Chicken thingh with baby carrot and pea, potato purée or rice 1, 7
2	Spaghetti Bologna with cheese 1a,3,7
3	Tortilla with beans, Chedar and Jalapenos, green lettuce with tomato 1a,3,7
4	Risotto ala Cortadina with shrimps, aubergine, zucchini, and cherry tomato 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
4	Baked duck, red cabbage and bacon dumplings 1a,3,7
	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
4	Mix gril - pork and chicken medaillons with croquettes
	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
4	Chicken Wok with vegetable and jasmin rice 1a,6
	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
4	Beef flap steak with red wine demi glace sauce, baby potato 12
	FIT : 390 Kcal Green lettuce with ham and poached egg 3,7

The staff will be happy to provide you with information on the presence of allergens
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