

Monday 27.1.2020

- Soup Creamy pumpkin soup 7 / Beef broth with meat, vegetable and noodles 1a,3,9
- 1 Baked pork with spinach and potato dumplings 1a,3
 - 2 Spaghetti with cabbage, bacon, white wine, herbs and cheese 1a,3,7,12
 - 3 Fried Camembert with boiled potato 1a,3,7
 - 4 Turkey Tikka Masala with basmati rice 1a,7
- FIT : 402 Kcal Salad with tuna, egg and black olives 4

Tuesday 28.1.2020

- Soup Tomato soup 9 / Vegetable broth with cous-cous 1a,9
- 1 Roast beef with creamy vegetable sauce and bread dumplings 1a,3,7,9
 - 2 Baked potato with chicken, sour cream, corn cob and gratinated tomato 7
 - 3 Gratinated cauliflower with groats, mushrooms, cheese and truffle oil 1a,7
 - 4 Chicken Gordon Bleu with potato purée 1a,3,7
- FIT : 422 Kcal Pho with chicken, rice noodles and chilli 2,14

Wednesday 29.1.2020

- Soup Creamy pea soup 7 or Hen broth with meat and noodles 1a,3,9
- 1 Chicken Kung-Pao with jasmin rice 1a,5,6
 - 2 Gratinated pasta with pickles and beet-root 1a,3,7
 - 3 Poppy cones with sugar and melted butter, canned plums 1a,3,7
 - 4 Pork tenderlion in bacon, green beans, fries
- FIT : 403 Kcal Salad with smoked trout 4

Thursday 30.1.2020

- Soup Cabbage soup with sausage 1a / Garlic soup with potato 9
- 1 Chicken schnitzel with potato salad 1a,3,7,9
 - 2 Spaghetti Carbonara with bacon, fresh herbs and Parmesan 1a,3,7
 - 3 Potato-spinach pancakes with cabbage salad 1a,3
 - 4 FIT: 498 Kcal Baked Zander with Beluga lentils 4
- Salad with vegetable tortilla 1a,3,7

Friday 31.1.2020

- Soup Beef broth with meat and noodles 1a,3,9 or Vegetables creamy soup 3,9
- 1 Mexican Burrito with beef, Cheddar cheese, iceberg lettuce and sour cream 1a,3,7
 - 2 Baked pork with vegetable creamy sauce, bread dumplings 1a,3,7
 - 3 Indian rice with kešu, raisins and mint dip 7,8
 - 4 Beef burger with bacon, Cheddar, tomato and French fries 1a,3,7
- FIT : 480 Kcal Salad with avocado, tomato nachos, chicken and Cheddar dip 7