Week menu

Energie

MBfood
PŘEJE DOBROU CHUŤ

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 soup3,9
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, Chedar, tomato and French fries 1a,3,7
	FIT : 480 Kcal Salad with avocado, tomato nachos, chicken and Chedar dip 7

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