Opatov Park



Monday 30.3.2020

Soup Hen broth with dripping 1a,3,9

- 1 Chicken steak with peach and cheese, rice or French fries 7
- 3 Lentil with eggs, roasted onion and pickles 1a,3,10

FIT: 390 Kcal Mixed salad with marinated tuna fish 4

Tuesday 31.3.2020

Soup Sausage soup 1a

- 1 Pork neck with bacon and green beans, French fries
- 2 Chicken risotto with cheese and pickles 7,10

FIT: 390 Kcal Mixed salad with marinated tuna fish 4

Wednesday 1.4.2020

Soup Cauliflower soup 7

- 1 Beef Chilli con Carne with rice 1a
- 3 Hummus with Pita bread and Tabbouleh salad 1a,3

FIT: 390 Kcal Mixed salad with marinated tuna fish 4

Thursday 2.4.2020

Soup Beef broth with meat and noodles 1a,3,9

- 1 Chicken schnitzel with potato salad 1a,3,7,9
- 3 Spaghetti with mozzarella, tomato,ruccola and Parmesan 1a,3,7

FIT: 390 Kcal Mixed salad with marinated tuna fish 4

Friday 3.4.2020

Soup Cabbage soup 1a

- 1 Sichuan pork with rice 1a,6
- 3 Cous-Cous with vegetable and grilled goat cheese 1a,7

FIT: 390 Kcal Mixed salad with marinated tuna fish 4