Energie



Monday 13.7.2020

Soup Hen Broth with vegetables 1a,3,9 / Cauliflower soup 1a,3,9

- 1 Grilled chicken breast with pepper-creamy sauce, rice or French fries 1a,7
- 2 Spaghetti Amatriciana with bacon, olives, basil and cheese 1a,3,7
- 3 Fried cheese with boiled potato 1a,3,7
- 4 Pork tenderlion marinated in rosemary, mashed potato Greek salad with marinated onions and Fetta cheese 7

Tuesday 14.7.2020

Soup Minestrone 1a,7,9 / Creamy carrot soup 7

- 1 Pulled pork with with Coleslaw salad and fried potato 1a,3,7
- 2 Gnocchi with Parma ham, creamy sauce and mushrooms, Parmesan 1a,3,7
- 3 Bread pudding with apples, curd and raisins 1a,3,7
- 4 Turkey medallions in cheese pastry, pea-potato purée 7 Ceasar salad with chicken and bread croutons 1a,3,7

Wednesday 15.7.2020

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

- 1 Chicken steak with baked vegetable and thyme sauce, rice or French fries 1a,7
- 2 Lasagna Bologna with cheese 1a,3,7,9
- 3 Moroccan cous-cous with dried apricots and raisins 1a
- 4 Tuna fish with mango chutnay and potato purée with wasabi 4,7 lceberg lettuce with Gorgonzola, pear and nuts 7,8

Thursday 16.7.2020

Soup Leek soup with egg 1,3 / Tomato soup 9

- 1 Pork schnitzel wit potato purée, pickles 1a,3,7
- 2 Chicken BBQ with French fries and cabbage salad 1a,3,7
- 3 Hummus with Pita bread and Tabbouleh salad 1a,3
- 4 Turkey Wok with vegetable and jasmin rice 1a,6 Caprese - tomato, mozzarella and olive oil 7

Friday 17.7.2020

Soup Sausage soup 1a or Handfull soup with vegetable 1a,9

- 1 Chicken skewer with bacon and vegetable, rice or French fries
- 2 Lentil with smoked meat and pickles 1a
- 3 Baked zucchini stuffed with olives tapenade and grilled vegetable, chive bulgur 1a
- 4 Sepia noodles with prawns skewer, chilli, ginger and coriander 1,2,3 Iceberg lettuce with tomato and fried calamari 1a,3,4