









WEEKLY LUNCH MENU




MONDAY

-  Buckwheat
-  Couscous with vegetables
-  Cabbage - coleslaw salad
- Chicken pieces in curry sauce
-  Four-cheese pasta
- Pastry or nut bar






TUESDAY

-  Rice
-  Roasted vegetables with Provencal spices
- Veggie mix or beet salad (milk products)
- Chicken gyros in a spice marinade
- Meatloaf
-  Indian-style stew
-  Banana / Apple / Pear




WEDNESDAY

-  Baked potatoes
- Cottage cheese with sour cream and greens
- Carrots with Parmesan cheese
- Home style chicken fillet chop (Gluten, eggs)
- Pork goulash
-  Pancakes
- Curd snack
-  Fruit or nut bar

THURSDAY

-  Mashed potatoes
-  Bulgur
-  Grated beets
- Veggie salad with sour cream
- Chicken fajita pasta
- Minced turkey roll with cheese and egg
-  Buritto
-  Banana/Apple/Pear

FRIDAY

- Baked potatoes or whole grain pasta
 -  Grated carrots
 - Tomatoes and cucumbers with sour cream
 - Pork sausages
 - Fish fillet
 -  Quesadilla
 -  Smoothie
-

