











WEEKLY LUNCH MENU






MONDAY

-  Potato wedges
-  Buckwheat
-  Mixed salad
- stroganoff
- Chicken bits
-  Carrot pancakes
- Curd snack
-  Nut or fruit bar






TUESDAY

-  Bulgur
-  Rice
- Goulash soup
-  Mixed salad
- Chicken filet
-  Sauteed vegetables
-  Mixed fruit






WEDNESDAY

-  Baked potatoes
-  Bulgur
-  Veggie mix
- Meatloaf
-  Pancakes
- Pastry
-  Fruit or nut bar

THURSDAY

-  Quinoa
-  Mashed potatoes
-  Mixed salad
- Beet soup
- Turkey
-  Sauteed chickpeas and eggplant
-  Fruit selection

FRIDAY

-  Pasta
 -  Gluten-free pasta
 -  Mixed salad
 - Pork sausages
 - Chicken fillet
 -  Quesadilla
 -  Yogurt
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