










WEEKLY LUNCH MENU






MONDAY

-  Buckwheat
-  Couscous with vegetables
-  Pickles
- Grilled Chicken gyros
-  Pasta with zucchini and oyster sauce
- Custard snack
-  Fruit or nut bar






TUESDAY

-  Rice
-  Mashed potatoes
- Chinese cabbage salad with arugula
- White radish salad
- Chicken cutlet
- Kebab (beef)
-  Lasagna
-  Banana / Melon/ Pear





WEDNESDAY

-  Oven baked potatoes
- Egg-fried rice
-  Pork casserole with beans
-  Cauliflower - cucumber salad
- Chicken skewer in marinade
-  Butter beans with paprika and tomatoes
- Pastry
-  Fruit or nut bar

THURSDAY

-  Cooked potatoes
-  Fried cauliflower in breadcrumbs
-  Beet salad with Feta
- Pasta Bolognese (pork)
- Turkey fillet in lingonberry sauce (Gluten)
-  Cauliflowers with Turkish peas
-  Fruits

FRIDAY

-  Whole grain pasta or gluten free pasta
 -  Quinoa
 - Spring salad (rucola, ice-berg salad, Greek sauce)
 - Pork sausages
 - Fish cutlet
 -  Burrito
 -  Smoothie
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