

## MONDAY

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Lentil cream soup  
Fried chicken fillet  
White fish fillet in lemon-ginger marinade  
Rice or couscous  
Potato gnocchi with mushrooms  
Spring-style steamed vegetables  
Cabbage salad with carrots  
Oat cookie

## TUESDAY

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Beetroot soup  
Homemade-style chicken meat patty  
Pork Chili Con Carne  
Potatoes with dill or penne pasta  
Steamed broccoli  
Cheese patty  
Carrot salad with sesame seeds  
Mixed salad leaves and herbs  
Rye bread

## WEDNESDAY

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Chicken soup with noodles  
Boneless chicken with Eastern spices  
Braised pork with vegetables  
Couscous and carrot fritters  
Rice noodles or buckwheat  
Roasted autumn vegetables  
Green olives  
Pumpkin and mango cream with fresh berry sauce  
Ciabatta

## THURSDAY

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Tomato cream soup  
Homemade-style chicken schnitzel  
Turkey meatball with paprika and carrots  
Mashed potatoes or bulgur  
Stuffed zucchini boat with mushrooms  
Vegetable salad  
Pickled cucumbers  
Fruit

## SAMPLE MENU

## FRIDAY

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Sorrel soup with pork  
Oven-baked potatoes or curry rice  
Chicken in tomato sauce  
Breaded fish sticks  
Quinoa with red beans, corn, and tomatoes  
Steamed vegetables  
Greek salad  
Chocolate panna cotta  
Peach sauce

