

Monday 30. 01.2017



Lentil soup 200 g/ 160 kCal



Yeast crumpet sprinkled with powdered sugar 250 g/ 720 kCal



Raspberry kisel 250 ml/ 110 kCal

Tuesday 31.01.2017



Bean soup 250 g/160 Cal



Chicken fillet 200 g/370 kCal

Rice 100 g/ 130 kCal

Cabbage salad 100 g/ 70 kCal



Apple 140g/ 70 kCal

Wednesday 01.02.2017



Mushroom soup 250 g/160 kCal



fettucine with stewed cabbage 250 g/360 kCal



Orange juice 250 ml/ 90 kCal

Thursday 02.02.2017



tomato soup with rice 250 g /120 kCal



fried pork chop 150 g/ 340 kCal
mashed potatoes with parsley 100 g/ 90 kCal
beetroot salad 100 g/ 70 kCal



Cherry juice 140 g/ 60 kCal

Friday 03..02.2017



Sour gherkin soup 200 g / 120 kCal



pan fried cod 150 g/ 130 kCal
mashed potatoes 100 g/ 90 kCal
coleslav 100g/ 110 kCal



Apple 140g/ 70 kCal