

SPEISENPLAN

MENÜ 01

MENÜ 02

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| 04. Jan | Potato pockets (13,15) with herbed schmant (19), fruit | II | 04. Jan | Pea stew with carrots* and potatoes*, bread* (13) and fruit* | II |
| 05. Jan | Turkey ragout (13,19) with peas in rice | II | 05. Jan | Mixed salat with joghurt dressing (19), vanilla noodles (13), sugar and cinnamon | II |
| 06. Jan | Vegetables in curry sauce (13,19,21), rice fruit curd (19) | II | 06. Jan | Lamb gulash (13) with green beans, potatoes* fruit curd (19) | II |
| 09. Jan | Meatballs (13,15) in tomato sauce (13), potatoes* mixed salad with dressing | II | 09. Jan | German noodles (13,15) with mushroom sauce (1,13,19), mixed salad with dressing | II |
| 10. Jan | Vegetable rice with chive sauce (13,19,21), carrot and cabbage salad | II | 10. Jan | Romanesco, turnips and potatoes* in cream sauce (13,19,21) carrot and cabbage salad | II |
| 11. Jan | Raw vegetables Semolina pudding (13,19) with apple sauce | II | 11. Jan | Spinach and spelt burger (13,15,19) with Tomato sauce (13), rice salad* | II |
| 12. Jan | Noodles (13) with vegetable sauce (13,19,21), Rettichsticks | II | 12. Jan | Meatloaf with creamy cabbage (13,19) and potatoes*, rettich sticks | II |
| 13. Jan | Fishfingers with potato*salad, fruit* | II | 13. Jan | Spaghetti (13) with cheese and spinach sauce (1,19), fruit* | II |
| 16. Jan | Noodles (13) with salmon (16) and vegetable sauce (13,19,21) 1 piece of cucumber | II | 16. Jan | Vegetable burger (13,15,18,21) with noodle (13) salad, 1 piece of cucumber | II |
| 17. Jan | Turkey burger (13,15) , peas and potatoes* fruit* | II | 17. Jan | Carrot* and celery curry (13,19,21) with herbed rice fruit | II |
| 18. Jan | Vegetable rice with leek and mushroom sauce (13,19) fruit* | II | 18. Jan | Chicken and noodle (13) stew with bread* (13) fruit* | II |
| 19. Jan | Sesame potatoes (13,15) with vegetable slices (21) and herbed sauce (13,19) raw vegetables | II | 19. Jan | Minced meat sauce (turkey) (13) with mashed potatoes* (19) raw vegetables | II |
| 20. Jan | Breaded cod (13,16), potatoes* and parselysauce (13,19), Vanilla yoghurt (19) | II | 20. Jan | Noodles (13) with lentil and vegetable sauce (21) Vanilla yoghurt (19) | II |
| 23. Jan | Potatoes* with mixed vegetables and schmant(19) fruit | II | 23. Jan | Chicken soup with rice, bread* (13) fruit* | II |
| 24. Jan | Escalope of turkey or pork (13,15) with bell pepper sauce (13,19) and potatoes* Carrot and apple salad | II | 24. Jan | Potato*-pumpkin stew with root vegetables and Tofu (18), bread (13)* Carrot and apple salad | II |
| 25. Jan | Braised beef* , red cabbage and potatos*, fruit | II | 25. Jan | Carrot sticks with bell pepper sauce (13,19) and rice fruit* | II |
| 26. Jan | Minestrone with vegetables and noodles (13),chocolate pudding (18,19) | II | 26. Jan | Escalop of chicken (1,13,15,19) with tomato sauce (13,19) and spaghetti (13), chocolate pudding (18,19) | II |
| 27. Jan | Baked fish (13,16) with lemon and butter sauce (13,19), rice*, tomato salad | II | 27. Jan | Boiled egg (15) with cream spinach (13,19) and potatoes* tomato salad | II |
| 30. Jan | Vegetable broth with noodles (13), shredded austrian pancakes (13,15,17,19) with plum sauce | II | 30. Jan | Rice with turkey ham (2,3), peas and cheese sauce (1,13,19), chives | II |
| 31. Jan | Chicken ragout (13,19) with vegetables, potatoes | II | 31. Jan | Cauliflower gratinated with cheese (1,13,19) and | II |

ÄNDERUNGEN VORBEHALTEN!

