







Week: 4




Monday

	Soup with choux pastry
1	Polpetti (meat balls) with tomato sauce, potatoes and salad
2 	"Spaetzle" with cheese and salad
	Cereal bar




Tuesday

	Semolina soup
1	Italian beef-roast with whole-grain-spaghetti and baby carrots
2 	Whole-grain-spaghetti with soy sugo, parmesan cheese and salad
	Muffin




Wednesday

	Cream of broccoli
1	Chicken cutlet with natural jus, basmati rice and salad
2 	Vegetables and tofu wok with basmati rice and salad
	Fresh fruits

Thursday

	Clear soup with sliced pancakes (herbs)
1	Tukey steak with wedges, barbecue dip and salad
2 	Pasta with tomato sauce, parmesan cheese and corn salad
	Gugelhupf (typical Austrian cake)

Friday

	Soup with small pasta
1	Pan-fried meat loaf (turkey) with wedges, ketchup and salad
2 	Sugared pancake with raisins and apple sauce
	Fresh fruits



soup of the day



vegetarian main course (no meat/fish)



dessert