

| Week 4.                 |                                                                       |        |     |                                               |                                                               |      |     |                                          |                                                                     |             |     |                                            |                                                                                     |      |             |                                                |                                                                        |      |     |                                             |  |  |  |  |
|-------------------------|-----------------------------------------------------------------------|--------|-----|-----------------------------------------------|---------------------------------------------------------------|------|-----|------------------------------------------|---------------------------------------------------------------------|-------------|-----|--------------------------------------------|-------------------------------------------------------------------------------------|------|-------------|------------------------------------------------|------------------------------------------------------------------------|------|-----|---------------------------------------------|--|--|--|--|
| MONDAY                  |                                                                       |        |     |                                               | TUESDAY                                                       |      |     |                                          |                                                                     | WEDNESDAY   |     |                                            |                                                                                     |      | THURSDAY    |                                                |                                                                        |      |     | FRIDAY                                      |  |  |  |  |
| small large             |                                                                       |        |     |                                               | small large                                                   |      |     |                                          |                                                                     | small large |     |                                            |                                                                                     |      | small large |                                                |                                                                        |      |     | small large                                 |  |  |  |  |
| Soups                   | Pork Ragu Soup                                                        | 610    | 870 | kca:186zs:9<br>sz:11 f:16 all: 9              | Lentil Gulash                                                 | 610  | 870 | kca:114zs:4<br>sz:11 f:9 all:9           | Meatball Soup                                                       | 610         | 870 | kca:155<br>zs:11sz:7 f:7<br>all:1,3,9      | Pork Ragu Soup                                                                      | 610  | 870         | kca:206zs:<br>16 sz:6<br>f:10 all:7,9          | Korhely-style Soup                                                     | 610  | 870 | kca:296 zs:25<br>sz:7 f:12<br>all:7,9       |  |  |  |  |
|                         | Vegetable Cream Soup                                                  | 470    | 710 | kca:63 zs:<br>sz:13 f:3 all: 9                | Bean Soup                                                     | 470  | 710 | kca:180 zs: sz:<br>f: all:9              | Potato Soup                                                         | 470         | 710 | kca:312<br>zs:12sz:44 f:8<br>all:7,9       | Green Pea Cream Soup                                                                | 470  | 710         | kca:157<br>zs:6 sz:17<br>f:8 all:              | Vegetable Soup                                                         | 470  | 710 | kca:120 zs:5<br>sz:15 f:3 all:9             |  |  |  |  |
|                         | Forest Fruit Soup                                                     | 470    | 710 | kca:222 zs:6<br>sz:38 f:2 all:                | Tropicana Fruit Soup                                          | 470  | 710 | kca:111 zs:3<br>sz:18 f:5 all:           | Black Berry Fruit Soup                                              | 470         | 710 | kca:208 zs:2<br>sz:44 f:3 all:             | Plum Soup                                                                           | 470  | 710         | kca:111<br>zs:1 sz:20<br>f:3 all:              | Mixed Fruit Soup                                                       | 470  | 710 | kca:222 zs:20<br>sz:38 f:2 all:             |  |  |  |  |
| Chef'S Special          | Pork Ragu Soup<br>Óvári-sstyle Chicken<br>Breast, Potato              | 2300   |     | kca:561zs:2<br>4 sz:40<br>f:44all:1,3,7<br>,9 | Lentil Gulash<br>Baked Pork with Onion and<br>Cheesy Dumpling | 2300 |     | kca:1273<br>zs:79 sz:88<br>f:49all:9,1,3 | Potato Soup<br>Wrap with Beef                                       | 2300        |     | kca:995zs:5<br>1 sz:48 f:40<br>all:1,9,7   | Pork Ragu Soup<br>Chicken Breast with Bacon,<br>Cabbage with Sour Cherry,<br>Potato | 2300 |             | kca:727<br>zs:48<br>sz:15<br>f:39all:7<br>,9   | Korhely-style Soup<br>Gödöllő-style Chicken<br>Drumstick, Cream Potato | 2300 |     | kca:793<br>zs:42 sz:78<br>f:30all:1,7,<br>9 |  |  |  |  |
| Budget-Friendly<br>Menu | Vegetable Cream Soup<br>Spagetti Bolognese                            | 1880   |     | kca:585<br>zs:42sz:32<br>f:16<br>all:1,3,7,9  | Bean Soup<br>Meatball, Mashed Potato                          | 1880 |     | kca:567<br>zs:13sz:40<br>f:25 all:1,3,9  | Meatball Soup<br>Turkey with Sour<br>Cherry sauce, boiled<br>potato | 1880        |     | kca:634<br>zs:19sz:46<br>f:66<br>all:1,3,9 | Green pea Cream Soup<br>Chili con carne                                             | 1880 |             | kca:474<br>zs:18sz:<br>57<br>f:41all:          | Vegetable Soup<br>Frankfurt-style pork stew,<br>boiled pasta           | 1880 |     | kca:735zs3<br>0<br>sz:71f:40all<br>:9,1,7   |  |  |  |  |
| Fitness Menu            | Vegetable Cream Soup<br>Chicken Breast with Pesto,<br>Rice with Ajvar | 2200   |     | kca: 454<br>zs:9 sz:61 f:<br>31all:9          | Lentil Gulash<br>Fish with Mushroom, Jasmine<br>Rice          | 2200 |     | kca:567<br>zs:1sz:57<br>f:32all:9,4      | Potato Soup<br>Jóasszony-style Chicken<br>Breast, Parsley Potato    | 2200        |     | kca:573<br>zs:15sz:82<br>f:29 all:7,9,     | Green Pea Cream Soup<br>Fajitas Chicken Breast<br>Jasmine Rice                      | 2200 |             | kca:521<br>zs:29sz:<br>39 f:73<br>all:7,       | Vegetable Soup<br>Chicken Breast with<br>Mango chatney, brown<br>rice  | 2200 |     | kca:690zs4<br>7 sz:187<br>f:69 all:9        |  |  |  |  |
| Vega Menu               | Vegetable Cream Soup<br>Casserole Pasta with<br>Mushroom              | 1880   |     | kca:524zs:25<br>sz: 39f:<br>35all:1,9,7       | Bean Soup<br>Spagetti with Eggplant and<br>Vegetable          | 1880 |     | kca:750<br>zs:129sz:46<br>f:28 all:1,9   | Potato Soup<br>Greek Vegetable stew,<br>Rice                        | 1880        |     | kca:797zs:3<br>0 sz:113<br>f:17 all:,7,9   | Green Pea Cream Soup<br>Soy meatball, Cheese<br>sauce                               | 1880 |             | kca:597<br>zs:20<br>sz:45<br>f:27<br>all:1,3,7 | Vegetable Soup<br>Baked Pasta with<br>Vegetable                        | 1880 |     | kca:504zs:<br>20<br>sz:59f:20<br>all:1,7,9  |  |  |  |  |
| Ready-made<br>Dishes    | Chicken Paprikash                                                     | 1370   |     | kca:178 zs:5<br>sz:4 f:26 all:1,              | Gizzard stew                                                  | 1190 |     | kca:224 zs:12<br>sz:6 f:18 all:-         | Pork ragu with Mustard                                              | 1390        |     | kca:470 zs:23<br>sz:24 f:38 all:           | Pork stew                                                                           | 1370 |             | kca:218<br>zs:13 sz:5<br>f:19 all:             | Caprese Chicken Breast                                                 | 1390 |     | kca:305 zs:18<br>sz:26 f:24<br>all:1,7      |  |  |  |  |
| Freshly Grilled         | Breaded Chicken Breast                                                | 1370   |     | kca:173 zs:4 sz:<br>f:34 all:1,3              | Kijev-Style Chicken Breast                                    | 1370 |     | kca:549 zs:35<br>sz:26 f:32<br>all:1,3,7 | Breaded Fish                                                        | 1450        |     | kca:355 zs:22<br>sz:5 f:32<br>all:1,3,4    | Breaded Chicken Breast<br>with Cheese                                               | 1370 |             | kca:563<br>zs:17 sz:68<br>f:6 all:3,7          | Breaded Chicken Breast                                                 | 1370 |     | kca:273 zs:4<br>sz:- f:34<br>all:1,3        |  |  |  |  |
|                         | Breaded Cheese                                                        | 1300   |     | kca:601 zs:42<br>sz:20 f:33<br>all:1,3,7      | Breaded Mushroom                                              | 1100 |     | kca:255 zs:13<br>sz:23 f:11<br>all:1,3   | Breaded Cheese                                                      | 1300        |     | kca:601 zs:42<br>sz:20 f:33<br>all:1,3,7   | Breaded Cauliflower                                                                 | 1100 |             | kca:228<br>zs:13 sz:22<br>f:6 all:1,3          | Breaded Cheese                                                         | 1300 |     | kca:601 zs:42<br>sz:20 f:33<br>all:1,3,7    |  |  |  |  |
| Vegetable Stew          | Yellow Pea Stew                                                       | 920    |     | kca:401 zs:10<br>sz:54 f:21 all:<br>1         | Spinach                                                       | 920  |     | kca:279 zs:17<br>sz:18 f:12<br>all:7,1   | Sorrel                                                              | 920         |     | kca:315 zs:12<br>sz:36 f:18<br>all:1,7     | Potato stew with Sour<br>Cream                                                      | 920  |             | kca:431<br>zs:3 sz:49<br>f:7 all:1,7           | Bean stew                                                              | 920  |     | kca:397 zs:31<br>sz:16 f:12<br>all:1,7      |  |  |  |  |
| Toppings                | Sausage                                                               | 540/db |     | kca:368 zs:10<br>sz:55 f:13 all:-             | French Toast                                                  | 590  |     | kca:214 zs:10<br>sz:26 f:6 all:1,3       | Sausage                                                             | 510         |     | kca:212 zs:16<br>sz:- f:16 all:-           | Meatball                                                                            | 690  |             | kca:190<br>zs:10 sz:13<br>f:11 all:1,3         | Smoked Pork Lion                                                       | 650  |     | kca:424 zs:37<br>sz:2 f:22 all:-            |  |  |  |  |
|                         | Falafel                                                               | 540    |     | kca:111 zs:5<br>sz:11 f:5 all:1               | Boiled Egg                                                    | 250  |     | kca:81 zs:6<br>sz:1 f:7 all:3            | Boiled Egg                                                          | 250         |     | kca:81 zs:6<br>sz:1 f:7 all:3              | Vegetale Medalliom                                                                  | 540  |             | kca:85<br>zs:6 sz:6<br>f:3 all:3               | Boiled Egg                                                             | 250  |     | kca:81 zs:6<br>sz:1 f:7 all:3               |  |  |  |  |
| Side Dishes             | Jasmine Rice                                                          | 420    | 590 | kca:288 zs:0<br>sz:65 f:8 all:-               | Jasmine Rice                                                  | 420  | 590 | kca:288 zs:0<br>sz:65 f:8 all:-          | Jasmine Rice                                                        | 420         | 590 | kca:288 zs:0<br>sz:65 f:8 all:-            | Jasmine Rice                                                                        | 420  | 590         | kca:288<br>zs:0 sz:65<br>f:8 all:-             | Jasmine Rice                                                           | 420  | 590 | kca:288 zs:0<br>sz:65 f:8 all:-             |  |  |  |  |
|                         | Dumpling                                                              | 420    | 590 | kca:730 zs:36<br>sz:92 f:9 all:-              | Mashed Potato                                                 | 490  | 890 | kca:227 zs:10<br>sz:29 f:9 all:-         | Boiled Potato                                                       | 420         | 590 | kca:231 zs:1<br>sz:51 f:6 all:-            | Fried Potato                                                                        | 420  | 590         | kca:730<br>zs:36 sz:92<br>f:9 all:-            | Parsley Potato                                                         | 420  | 590 | kca:231 zs:1<br>sz:51 f:6 all:-             |  |  |  |  |
|                         | Steak Potato                                                          | 420    | 590 | kca:663 zs:29<br>sz:90 f:12 all:-             | Tarhonya (Boiled Pasta)                                       | 420  | 590 | kca:231 zs:1<br>sz:51 f:6 all:1          | Boiled Pasta                                                        | 420         | 590 | kca:345 zs:18<br>sz:38 f:7 all:1           | Dumpling                                                                            | 420  | 590         | kca:568<br>zs:2 sz:112<br>f:23 all:1,3         | Boiled Pasta                                                           | 420  | 590 | kca:474 zs:3<br>sz:93 f:17<br>all:1         |  |  |  |  |
|                         | Steamed Vegetable                                                     | 420    | 590 | kca:102 zs:1<br>sz:17 f:5 all:-               | Broccoli with Almond                                          | 490  | 690 | kca:102 zs:1<br>sz:17 f:5 all:8          | Green Bean                                                          | 420         | 590 | kca:102 zs:1<br>sz:17 f:5 all:-            | Caramelized baby carotts                                                            | 490  | 690         | kca:102<br>zs:1 sz:17<br>f:5 all:-             | Wok Vegetable                                                          | 490  | 690 | kca:102 zs:1<br>sz:17 f:5 all:-             |  |  |  |  |
| Desserts                | Slice of Cake                                                         | 1050   |     | kca:384 zs:20<br>sz:46 f:5<br>all:1,3,7,8     | Dumpling with Vanilla sauce                                   | 1050 |     | kca:524 zs:14<br>sz:110 f:14<br>all:1,   | "Somlóí" cake                                                       | 1050        |     | kca:397 zs:21<br>sz:44 f:5<br>all:1,3,7,8  | Poppy Seed Bread Pudding                                                            | 990  |             | kca:416<br>zs:15 sz:54<br>f:14                 | Churros                                                                | 890  |     | kca:423 zs:14<br>sz:61 f:11<br>all:3,1,7    |  |  |  |  |



KCAL - Kalória tartalom

F - Fehérje tartalom

Sz - Szénhidrát tartalom

ZS - Zsírtartalom

ALL - Allergén