

Week 1																				
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
		small	large			small	large			small	large			small	large			small	large	
Soups	Gardener Chicken Ragu Soup	610	870	kca:183 zs:6 sz:17 f:14 all:9	Liver Dumpling Soup	610	870	kca:108 zs:2 sz:15 f:7 all:1,3,9	Potato Soup with Smoked Pork	610	870	kca:378 zs:19 sz:22 f:12 all:7,9	Meat Soup	610	870	kca:220 zs:8 sz:14 f:22 all:1,9	Spring-time Chicken Soup	610	870	kca:296 zs:25 sz:7 f:12 all:1,3,9
	Hungarian Green Pea Soup	470	710	kca:231 zs:10 sz:28 f:6 all:9	Cheese Cream Soup	470	710	kca:318 zs:27 sz:3 f:15 all:7	Mushroom Soup	470	710	kca:125 zs:2 sz:20 f:8 all:1,7,9	French Style Onion Soup	470	710	kca:142 zs:5 sz:15 f:7 all:7	Potato Soup with Sour Cream	470	710	kca:128 zs:7 sz:12 f:3 all:7,9
	Sour Cherry Soup	470	710	kca:131 zs:2 sz:26 f:41 all:1,7,9	Peach Cream Soup	470	710	kca:170 zs:6 sz:25 f:6 all:3	Currant Fruit Soup	470	710	kca:252 zs:5 sz:11 f:2 all:7	Plum Soup	470	710	kca:207 zs:6 sz:34 f:2 all:7	Mixed Fruit Soup	470	710	kca:222 zs:6 sz:38 f:2 all:7
Chef's Special	Hungarian Green Pea Soup Lyon Style Chicken Breast, creampotato	2300	kca:635 zs:36 sz:85 f:13 all:1,3,7,9	Liver Dumpling Soup Roasted Beef, "Princess" potato	2300	kca:638 zs:35 sz:30 f:49 all:1,3,7,9	Mushroom Soup Chicken with Broccoli, Ajvar Rice	2300	kca:749 zs:125 sz:136 f:24 all:1,7	French Style Onion Soup Chicken Drumstick with Bacon and Cheese, Vegetables	2300	kca:825 zs:40 sz:40 f:71 all:7,9	Spring-time Chicken Soup Brassói Turkey (Hungarian Stew)	2300	kca:765 zs:52 sz:25 f:48 all:1,3,9					
Budget-Friendly Menu	Gardener Chicken Ragu Soup Green Bean Stew, Chicken Nuggets	1880	kca:813 zs:29 sz:88 f:46 all:1,3,7	Liver Dumpling Soup Pasticio	1880	kca:804 zs:19 sz:113 f:40 all:1,3,7,9	Potato Soup with Smoked Pork Casserole Style Cabbage	1880	kca:900 zs:51 sz:46 f:43 all:1,7,9	Meat Soup Roasted Liver with Onion, Parsley Potatoes	1880	kca:833 zs:27 sz:75 f:68 all:1,9	Potato Soup with Sour Cream Casserole Pasta with Chicken	1880	kca:630 zs:46 sz:26 f:25 all:1,3,7,9					
Fitness menu	Hungarian Green Pea Soup Fish & chips	2200	kca:795 zs:29 sz:82 f:43 all:4,7,9	Cheese Cream Soup Kanton-style Chicken with Jasmine Rice	2200	kca:717 zs:29 sz:73 f:38 all:1,6,7,9,11	Mushroom Soup Tex-mex Fried Chicken, Jasmine Rice	2200	kca:888 zs:21 sz:126 f:49 all:1,7,9	French Style Onion Soup Seafish with mozzarella and Spinach, Ajvar Rice	2200	kca:654 zs:19 sz:71 f:45 all:4,6,7	Potato Soup with Sour Cream Roast Chicken Breast, Rice, Fruit Salad with Honey	2200	kca:941 zs:43 sz:83 f:56 all:1,3,9					
Vega menu	Hungarian Green Pea Soup Tagliatelle with Mushrooms	1880	kca:585 zs:25 sz:70 f:16 all:1,7,9	Cheese Cream Soup Chick Peas Steaw with Honey and Beetroot, Rice	1880	kca:1298 zs:50 sz:147 f:52 all:1,3,7,9	Mushroom Soup Greek-style Penne with Zucchini	1880	kca:363 zs:15 sz:72 f:21 all:1,7,9	French Style Onion Soup Vegetables Pilaf	1880	kca:408 zs:15 sz:44 f:20 all:1,7,9	Potato Soup with Sour Cream Ratatouille	1880	kca:700 zs:29 sz:98 f:14 all:7,9					
Ready-made Disches	Pork Stew	1290	kca:218 zs:13 sz:5 f:19 all:	Chicken Drumstick with Chili	1390	kca:305 zs:18 sz:26 f:24 all:	Roasted Pork with Pepper	1370	kca:320 zs:17 sz:26 f:15 all:10	Pork Stew with Pepper	1490	kca:253 zs:13 sz:9 f:23 all:	BBQ Chicken Drumstick	1390	kca:305 zs:18 sz:26 f:24 all:					
Freshly Grilled	Breaded Chicken Breast	1370	kca:173 zs:4 sz:1 f:34 all:3	Cordon bleu	1370	kca:549 zs:35 sz:26 f:32 all:1,3,7	Breaded Chicken Breast with Seeds	1370	kca:294 zs:12 sz:17 f:28 all:1,3,11	Kijev-Style Breaded Chicken Breast	1370	kca:549 zs:35 sz:26 f:32 all:1,3,7	Breaded Chicken Breast	1370	kca:173 zs:4 sz:1 f:34 all:3					
	Breaded Cheese	1300	kca:601 zs:42 sz:20 f:33 all:1,3,7	Breaded Mushrooms	1100	kca:255 zs:13 sz:23 f:11 all:3	Breaded Cheese	1300	kca:601 zs:42 sz:20 f:33 all:1,3,7	Breaded Cauliflower	1100	kca:355 zs:22 sz:5 f:32 all:1,3,4	Breaded Cheese	1300	kca:601 zs:42 sz:20 f:33 all:1,3,7					
Vegetable Stew	Green Pea Stew	920	kca:401 zs:10 sz:54 f:21 all:-1	Gourd Stew	920	kca:320 zs:6 sz:62 f:7 all:7	Spinach	920	kca:279 zs:17 sz:18 f:12 all:7	Yellow Split Pea Stew	920	kca:401 zs:10 sz:54 f:21 all:-1	Green Bean Stew	920	kca:220 zs:12 sz:20 f:4 all:7					
Toppings	Chicken nuggets	530	kca:229 zs:13 sz:17	Grilled Sausage	380	kca:368 zs:19 sz:55 f:13 all:	French Toast	510	kca:214 zs:19 sz:26 f:6	Smoked Pork Loin	540	kca:212 zs:16 sz:-	Grilled Sausage	380	kca:368 zs:19 sz:55					
	Boiled Egg	250	kca:81 zs:6 sz:1 f:7 all:3	Falafel	540	kca:111 zs:5 sz:11 f:9 all:1	Boiled Egg	250	kca:81 zs:6 sz:1 f:7 all:3	Boiled Egg	250	kca:81 zs:6 sz:1 f:7 all:3	Vegetable Medallion	540	kca:85 zs:6 sz:6 f:3 all:-					
Side Dishes	Jasmine Rice	420	590	kca:231 zs:1 sz:51 f:6 all:-	Jasmine Rice	420	590	kca:231 zs:1 sz:51 f:6 all:-	Jasmine Rice	420	590	kca:231 zs:1 sz:51 f:6 all:-	Rice with Vegetables	420	590	kca:231 zs:1 sz:51 f:6 all:-	Jasmine Rice	420	590	kca:231 zs:1 sz:51 f:6 all:-
	Creampotato	420	590	kca:298 zs:0 sz:65 f:8 all:-	"Princess" Potato	420	590	kca:730 zs:38 sz:92 f:8 all:-	Parsley Potatoes	420	590	kca:663 zs:29 sz:90 f:12 all:-	Boiled Potato	420	590	kca:345 zs:18 sz:38	Mashed Potato	420	590	kca:288 zs:0 sz:65 f:8 all:-
	Boild Pasta	420	590	kca:474 zs:3 sz:93 f:17	Fried Potato	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steak Potatoes	420	590	kca:102 zs:1 sz:17 f:5 all:-	Tarhonya (Boiled Pasta)	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steak Potato	420	590	kca:663 zs:29 sz:90
	Steamed Vegetables	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetables	420	590	kca:524 zs:14 sz:110 f:14 all:1	Steamed Vegetables	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetables	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetable	420	590	kca:102 zs:1 sz:17 f:5 all:-
Desserts	Slice of Cake	790	kca:384 zs:20 sz:46 f:5 all:1,3,7	Plum Dumplings	890	kca:524 zs:14 sz:110 f:14 all:1	Sour Cherry Strudel	890	kca:397 zs:21 sz:44 f:5 all:1	Poppy Seed cake	890	kca:832 zs:29 sz:108 f:28 all:1,3,7,8	Sponge Cake with Chocolate	890	kca:419 zs:25 sz:41 f:8 all:1,3,7,8					

