

| Week 2.                     |                                                                  |       |                                      |                                                           |                              |                                        |                                                                   |                                     |                                     |                                                           |       |                                      |                                                                         |       |                                      |                                       |                            |       |       |                               |
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| MONDAY                      |                                                                  |       |                                      | TUESDAY                                                   |                              |                                        |                                                                   | WEDNESDAY                           |                                     |                                                           |       | THURSDAY                             |                                                                         |       |                                      | FRIDAY                                |                            |       |       |                               |
|                             |                                                                  | small | large                                |                                                           |                              | small                                  | large                                                             |                                     |                                     | small                                                     | large |                                      |                                                                         | small | large                                |                                       |                            | small | large |                               |
| Soups                       | Tarragon Ragu Soup                                               | 610   | 870                                  | kca:140 zs:5 sz:5 f:17 all: 9                             | Goulash                      | 610                                    | 870                                                               | kca:223zs:9 sz:18 f:17 all:9        | Yellow Pea Soup with Sausage        | 610                                                       | 870   | kca:212 zs:11 sz:19 f:10 all:        | Nyírség-style Dumpling Soup                                             | 610   | 870                                  | kca:483zs:26,6 sz:40,6 f:22,4 all:1,9 | Szatmar-style Chicken Soup | 610   | 870   | kca:250 zs:6 sz:22 f:25 all:9 |
|                             | Vegetable Potato Soup                                            | 470   | 710                                  | kca:195 zs:7,5 sz:27,5 f:5 all: 9                         | Green Pea Soup               | 470                                    | 710                                                               | kca:313 zs:5,6 sz:50,5 f:16,4 all:9 | Gardener Soup                       | 470                                                       | 710   | kca:88 zs:3,8 sz:8,8 f:4,5 all:      | Egg Soup                                                                | 470   | 710                                  | kca:235zs10 sz:17,5f:15 all:1,3       | Potato Cream Soup          | 470   | 710   | kca:235zs10 sz:17,5f:15 all:  |
|                             | Berry Fruit Soup                                                 | 470   | 710                                  | kca:208 zs:2 sz:44 f:3 all:                               | Caramelized Sour Cherry Soup | 470                                    | 710                                                               | kca:111 zs:0 sz:0 f:0 all:          | Forest Fruit Soup                   | 470                                                       | 710   | kca:222 zs:6 sz:38 f:2 all:          | Strawberry Cream Soup                                                   | 470   | 710                                  | kca:222 zs:6 sz:38 f:2 all:           | Mixes Fruit Soup           | 470   | 710   | kca:222 zs:6 sz:38 f:2 all:   |
| <u>Chef'S Special</u>       | Tarragon Ragu Soup, Stuffed Chicken Breast with Tomato and herbs | 2300  | kca:533 zs:17,6 sz: 61 f:33 all:9,1, | Green Pea Soup Fish Paprikash with garlic pasta           | 2300                         | kca:1063zs43 sz:99 f:63 all:1,4,7,9    | Yellow Pea Soup with Sausage Confit roast Beef, Princess potatoes | 2300                                | kca:1140zs:91 sz:93 f:72 all:1      | Nyírség-style Dumpling Soup Breaded Chicken, Rice and Pea | 2300  | kca:742zs:34 sz:70 f:37,6 all:1,3,   | Szatmar-style Chicken Soup Brassói Chicken with Potato (Hungarian dish) | 2300  | kca:913zs:33 sz:31 f:107 all:9       |                                       |                            |       |       |                               |
| <u>Budget-Friendly Menu</u> | Tarragon Ragu Soup, Milanese pasta                               | 1880  | kca:749 zs:54 sz:27 f:32 all:9,1,7,  | Goulash Pásztortartonya (Hungarian Meat-Pasta Dish)       | 1880                         | kca:777 zs:35 sz:85 f:30 all:1,9,      | Yellow Pea Soup with Sausage Pasta with Chicken and Tomato        | 1880                                | kca:566 z14,9 sz:50 f:50 all:1,     | Egg Soup Roasted Chicken Liver, Boiled potato             | 1880  | kca:447 zs:99 sz:32 f:51 all:3,1     | Szatmar-style Chicken Soup Potato stew with Meatball                    | 1880  | kca:491 zs:16 sz:56 f:30 all:9,1,7,3 |                                       |                            |       |       |                               |
| <u>Fitness Menu</u>         | Vegetable Potato Soup Zucchini ragout with Tuna, Brown Rice      | 2200  | kca:426 zs:17,5 sz:35 f:12 all:9,4   | Green Pea Soup Grilled Chicken Breast with Apple and Rice | 2200                         | kca:608zs:9 sz:83 f:48 all:9           | Gardener Soup Meatball with tomato stew and parsley potato        | 2200                                | kca:515zs32, sz:34,7 f:22,2 all:3,9 | Egg Soup Chicken Byriani                                  | 2200  | kca:387zs:16 sz:12 f:31 all:3,1      | Potato Cream Soup Turkey with Rosemary, Mushed Potato                   | 2200  | kca:445 zs:12 sz:32 f:47 all:        |                                       |                            |       |       |                               |
| <u>Vega Menu</u>            | Vegetable Potato Soup Bulgur with Eggplant and Cheese            | 1880  | kca:352 zs:13 sz:114 f:23 all:9,7,1  | Green Pea Soup Vadas-Style Mushroom, Spagetti             | 1880                         | kca:880 zs:30 sz:117 f:35 all:9,1,7,10 | Gardener Soup Rizotto with Vegetable                              | 1880                                | kca:585 zs:35,6 sz:78,8 f:26,9all:9 | Egg Soup Potato balls with Paprikash stew                 | 1880  | kca:666 zs: 13sz:66,5 f:22 all:3,1,7 | Potato Cream Soup Ravioli with Spinach and Cheese                       | 1880  | kca:696zs:25 sz:80 f:36 all:1,7      |                                       |                            |       |       |                               |
| Ready-made Dishes           | Pork Paprikash                                                   | 1370  | kca:218 zs:13 sz:5 f:19 all:7        | Chicken Drumstick                                         | 1370                         | kca:327 zs:14 sz:3 f:46 all:           | Roasted Pork with onion                                           | 1370                                | kca:152 zs:6 sz:7 f:16 all:-        | Chicken Breast with Broccoli                              | 1390  | kca:288 zs:18 sz:26 f:24 all:-       | Bugaci-style Pork stew                                                  | 1390  | kca:252 zs:8 sz:6 f:38 all:          |                                       |                            |       |       |                               |
| Freshly Grilled             | Breaded Chicken Breast                                           | 1370  | kca:173 zs:4 sz:- f:34 all:1,3       | Cordon blue                                               | 1370                         | kca:173 zs:4 sz:- f:34 all:1,3,7       | Breaded Pork                                                      | 1370                                | kca:173 zs:4 sz:- f:34 all:1,3      | Breaded Chicken Breast Stuffed with Cheese                | 1370  | kca:522 zs:35 sz:15 f:36 all:1,3,7   | Breaded Chicken Breast                                                  | 1370  | kca:173 zs:4 sz:- f:34 all:1,3       |                                       |                            |       |       |                               |
|                             | Breaded Cheese                                                   | 1300  | kca:601 zs:42 sz:20 f:33 all:1,3,7   | Breaded Mushroom                                          | 1100                         | kca:255 zs:13 sz:23 f:11 all:1,3       | Breaded Cheese                                                    | 1300                                | kca:601 zs:42 sz:20 f:33 all:1,3,7  | Breaded Camambert                                         | 1590  | kca:228 zs:13 sz:22 f:6 all:1,3,7    | Breaded Cheese                                                          | 1300  | kca:601 zs:42 sz:20 f:33 all:1,3,7   |                                       |                            |       |       |                               |
| Vegetable Stew              | Cabbage Stew                                                     | 920   | kca:156 zs:7 sz:16 f:6 all:1         | Lentil Stew with lemon                                    | 920                          | kca:115 zs:2 sz:15 f:7 all:1,7         | Cabbage stew with tomato sauce                                    | 920                                 | kca:320 zs:6 sz:62 f:7 all:-1       | Spinach                                                   | 920   | kca:336 zs:14 sz:40 f:10 all:1,7     | Potato stew                                                             | 920   | kca:431 zs:3 sz:49 f:7 all:1,7       |                                       |                            |       |       |                               |
| Toppings                    | Meatball                                                         | 690   | kca:190 zs:10 sz:13 f:11 all:1,3     | Sausage                                                   | 750                          | kca:424 zs:37 sz:2 f:22 all:           | Sausage                                                           | 380                                 | kca:368 zs:10 sz:55 f:13 all:-      | Smoked Pork lion                                          | 650   | kca:212 zs:16 sz:- f:16 all:-        | Meatball                                                                | 690   | kca:190 zs:10 sz:13 f:11 all:1,3     |                                       |                            |       |       |                               |
|                             | Vegetable Medallion                                              | 540   | kca:85 zs:6 sz:6 f:3 all:            | Boiled Egg                                                | 250                          | kca:81 zs:6 sz:1 f:7 all:3             | Falafel                                                           | 540                                 | kca:111 zs:5 sz:11 f:5 all:1        | 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:288 zs:0 sz:65 f:8 all:-                              | Jasmine Rice                 | 420                                    | 590                                                               | kca:288 zs:0 sz:65 f:8 all:-        | Jasmine Rice                        | 420                                                       | 590   | kca:288 zs:0 sz:65 f:8 all:-         | Jasmine Rice                                                            | 420   | 590                                  | kca:288 zs:0 sz:65 f:8 all:-          | Rice with Pea              | 420   | 590   | kca:348 zs:10 sz:54 f:8 all:- |
|                             | Steak Potato                                                     | 420   | 590                                  | kca:663 zs:29 sz:90 f:12 all:-                            | Baked Potatoes               | 420                                    | 590                                                               | kca:102 zs:1 sz:17 f:5 all:-        | Mashed Potato                       | 420                                                       | 590   | kca:231 zs:1 sz:51 f:6 all:-         | Boiled Potato                                                           | 420   | 590                                  | kca:231 zs:1 sz:51 f:6 all:-          | Parsley Potato             | 420   | 590   | kca:231 zs:1 sz:51 f:6 all:-  |
|                             | Boiled Pasta                                                     | 420   | 590                                  | kca:474 zs:3 sz:93 f:17 all:1                             | Spagetti                     | 420                                    | 590                                                               | kca:474 zs:3 sz:93 f:17 all:1       | Princess Potato                     | 420                                                       | 590   | kca:474 zs:3 sz:93 f:17 all:1        | Steak Potato                                                            | 420   | 590                                  | kca:280 zs:- sz:58 f:9 all:1          | Fried Potato               | 420   | 590   | kca:280 zs:- sz:58 f:9 all:1  |
|                             | Steamed vegetable                                                | 420   | 590                                  | kca:102 zs:1 sz:17 f:5 all:-                              | Broccoli with Almond         | 490                                    | 690                                                               | kca:102 zs:1 sz:17 f:5 all:8        | Green Beans                         | 420                                                       | 590   | kca:102 zs:1 sz:17 f:5 all:-         | Caramelized baby carrots                                                | 420   | 590                                  | kca:102 zs:1 sz:17 f:5 all:-          | Wok Vegetable              | 490   | 690   | kca:102 zs:1 sz:17 f:5 all:-  |
| Desserts                    | Donut                                                            | 450   | kca:585 zs:18 sz:89 f:13 all:1,3,7   | Noodles with Cottage Cheese                               | 990                          | kca:439 zs:19 sz:31 f:34 all:1,7       | Dumpling with Chocolate                                           | 890                                 | kca:397 zs:21 sz:44 f:5 all:1,7,    | Poppy Seed Bread Pudding                                  | 990   | kca:416 zs:15 sz:54 f:14 all:1,3,7   | Churros                                                                 | 990   | kca:457 zs:2 sz:101 f:8 all:1,3,8    |                                       |                            |       |       |                               |

