

| Week 1.                     |   |             |            |  |  |             |            |  |   |             |            |  |  |             |            |  |
|-----------------------------|---|-------------|------------|--|--|-------------|------------|--|---|-------------|------------|--|--|-------------|------------|--|
| MONDAY                      |   |             |            | TUESDAY  |  |             |            | WEDNESDAY                                    |   |             |            | THURSDAY                                       |  |             |            |  |
|                             |   | small large |            | small large                                    |  | small large |            | small large                                  |   | small large |            | small large                                    |  |             |            |  |
| Soups                       | Gölödin-Style Soup  | 610         | 870        | kca:164<br>zs:3,3sz:24,6<br>f:3,3 all:1,9      | Liver Dumpling Soup  | 610         | 870        | kca:112 zs:2,8<br>sz:12 f:8,4<br>all:1,3,9   | Svab-style Potato Soup  | 610         | 870        | kca:121 zs:4 sz:16<br>f:3 all:7,9,             | Jókai -style Bean Soup                                     | 610         | 870        | kca:373 zs:19,8<br>sz:15,5 f:26,4<br>all:1,7,9 |
|                             | Sour lentil Soup  | 470         | 710        | kca:422 zs:13<br>sz:48,1 f:19,5 all:<br>10,9   | Cauliflower Soup with Sour Cream   | 470         | 710        | kca:290<br>zs:26sz:11 f:4<br>all:            | Mushroom Soup   | 470         | 710        | kca:198<br>zs:10,3sz:18,7 f:8<br>all:9,        | French Onion Soup  | 470         | 710        | kca:142 zs:5<br>sz:15 f:7 all:                 |
|                             | Sour Cherry Soup  | 470         | 710        | kca:163 zs:1,8<br>sz:35,2 f:2,8 all:           | Peach Cream Soup   | 470         | 710        | kca:170 zs:6<br>sz:25 f:6 all:               | Currant Fruit Soup  | 470         | 710        | kca:165<br>zs:3,6sz:27,6 f:3,3<br>all:         | Plum Soup  | 470         | 710        | kca:233 zs:7<br>sz:38 f:2 all:                 |
| <b>Chef'S Special</b>       | <b>Gölödin-Style Soup Orly-style fried Fish, CreamPotato with Basil</b> | <b>2300</b> |            | kca:645 zs:21<br>sz:90,1 f:21<br>all:1,9,3,4,7 | <b>Liver Dumpling Soup Deer stew with red wine, croquet</b>                                    | <b>2300</b> |            | kca:419 zs:41<br>sz:41 f:5,2<br>all:1,3,9    | <b>Mushroom Soup Cornflakes Chicken Breast with blueberry, steak potato</b> | <b>2300</b> |            | kca:854zs: 19<br>sz:53,f:42,5<br>all:9,1,3     | <b>French Onion Soup "Gellért" Pork Slice, Ajvar Rice</b>  | <b>2300</b> |            | kca:716<br>zs:14,4<br>sz:111<br>f:30all:1,3,7  |
| <b>Budget-Friendly Menu</b> | <b>Sour lentil Soup Eszterhazy-style Chicken Stew, Spagetti</b>         | <b>1880</b> |            | kca:677 zs:15,5<br>sz:39,5f:15,3al:1<br>0,9,7, | <b>Liver Dumpling Soup Erdely-style cabbage casserole</b>                                      | <b>1880</b> |            | kca:520<br>zs:20,8sz:48<br>f:26,8all:1,9,3,7 | <b>Svab-style Potato Soup Stuffed Paprika</b>                               | <b>1880</b> |            | kca:559zs:36<br>sz:62 f:17<br>all:1,3,7,9      | <b>Jókai-style Bean Soup Cottage Cheese pasta</b>          | <b>1880</b> |            | kca:1112<br>zs:55 sz:85<br>f:55all:1,7,9       |
| <b>Fitness Menu</b>         | <b>Sour lentil Soup Jambalaya</b>                                       | <b>2200</b> |            | kca:967 zs:39<br>sz:1,1 f:49<br>all:10,9,      | <b>Cauliflower Soup with Sour Cream Chicken Drumstick with Honey and Mustard, Jasmine Rice</b> | <b>2200</b> |            | kca:537 zs: 12<br>sz:30 f:21,5<br>all:10,    | <b>Mushroom Soup Greek Turkey Stew, Jasmine Rice</b>                        | <b>2200</b> |            | kca:528 zs:15,1<br>sz:61 f:19,1 all:9,         | <b>French Onion Soup Swedish Meat Ball, Fried Potatoes</b> | <b>2200</b> |            | kca:554<br>zs:22,1 sz:53<br>f:30 all:3,        |
| <b>Vega Menu</b>            | <b>Sour lentil Soup Baked Cauliflower, Parsley Potato</b>               | <b>1880</b> |            | kca:820 zs:39<br>sz:59 f:16<br>all:1,3,7,9,10  | <b>Cauliflower Soup with Sour Cream Arrabiata penne</b>  | <b>1880</b> |            | kca:1036<br>zs:47sz:130 f:24<br>all:1,       | <b>Mushroom Soup Noodles with Spinach and Cheese</b>                        | <b>1880</b> |            | kca:538 zs:31,7<br>sz:87,f:29,4all:9,1<br>,3,7 | <b>French Onion Soup Vegetarian Cabbage</b>                | <b>1880</b> |            | kca:387zs:2<br>5sz:25<br>f:9all:7,1            |
| <b>Ready-made Dishes</b>    | Pork stew   | <b>1370</b> |            | kca:218 zs:13<br>sz:5 f:19 all:                | Garam-masala Chicken Drumstick   | <b>1370</b> |            | kca:273 zs:13 sz:<br>f:35,1 all:             | Roasted Pork with Pepper  | <b>1370</b> |            | kca:320 zs:17<br>sz:26 f:15 all:10             | Pork Stew with Pepper                                      | <b>1490</b> |            | kca:253<br>zs:13 sz:9<br>f:23 all:             |
| <b>Freshly Grilled</b>      | Breaded Chicken Breast  | <b>1370</b> |            | kca:173 zs:4 sz:-<br>f:34 all:1,3              | Cordon bleu  | <b>1370</b> |            | kca:549 zs:35<br>sz:26 f:3,2<br>all:1,3,7    | Breaded Chicken Breast with Seeds   | <b>1370</b> |            | kca:294 zs:12<br>sz:17 f:28<br>all:1,3,11      | Kijev-Style Breaded Chicken Breast                         | <b>1370</b> |            | kca:549<br>zs:35 sz:26<br>f:32 all:1,3,7       |
|                             | Breaded Cheese  | <b>1300</b> |            | kca:601 zs:42<br>sz:20 f:33<br>all:1,3,7       | Breaded Mushroom   | <b>1100</b> |            | kca:255 zs:13<br>sz:23 f:11 all:1,3          | Breaded Cheese  | <b>1300</b> |            | kca:601 zs:42<br>sz:20 f:33<br>all:1,3,7       | Breaded Cauliflower  | <b>1100</b> |            | kca:355<br>zs:22 sz:5<br>f:32 all:1,3,4        |
| <b>Vegetable Stew</b>       | Green Pea Stew  | <b>920</b>  |            | kca:401 zs:10<br>sz:54- f:21 all:-1            | Pumpkin Stew   | <b>920</b>  |            | kca:320 zs:6<br>sz:62 f:7 all:7,1            | Spinach   | <b>920</b>  |            | kca:279 zs:17<br>sz:18 f:12 all:7,1            | Yellow Split Pea Stew                                      | <b>920</b>  |            | kca:401<br>zs:10 sz:54-<br>f:21 all:-1         |
| <b>Toppings</b>             | Chicken nuggets   | <b>530</b>  |            | kca:229 zs:13<br>sz:17 f:11 all:1              | Sausage  | <b>540</b>  |            | kca:368 zs:10<br>sz:55 f:13 all:-            | French Toast  | <b>590</b>  |            | kca:214 zs:10<br>sz:26 f:6 all:1,3             | Smoked pork Lion   | <b>650</b>  |            | kca:212<br>zs:16 sz:-<br>f:16 all:-            |
|                             | Boiled Egg  | <b>250</b>  |            | kca:81 zs:6 sz:1<br>f:7 all:3                  | Falafel  | <b>540</b>  |            | kca:111 zs:5<br>sz:11 f:5 all:1              | Boiled Egg  | <b>250</b>  |            | kca:81 zs:6 sz:1<br>f:7 all:3                  | Boiled Egg   | <b>250</b>  |            | kca:81 zs:6<br>sz:1 f:7 all:3                  |
| <b>Side Dishes</b>          | Jasmine Rice  | <b>420</b>  | <b>590</b> | kca:288 zs:0<br>sz:65 f:8 all:-                | Jasmine Rice   | <b>420</b>  | <b>590</b> | kca:288 zs:0<br>sz:65 f:8 all:-              | Jasmine Rice  | <b>420</b>  | <b>590</b> | kca:288 zs:0 sz:65<br>f:8 all:-                | Jasmine Rice   | <b>420</b>  | <b>590</b> | kca:348<br>zs:10 sz:54<br>f:8 all:-            |
|                             | Creampotato   | <b>420</b>  | <b>590</b> | kca:231 zs:1<br>sz:51 f:6 all:7                | Croquet  | <b>420</b>  | <b>590</b> | kca:380 zs:6<br>sz:14 f:3 all:1              | Parsley Potatoes  | <b>420</b>  | <b>590</b> | kca:231 zs:1 sz:51<br>f:6 all:-                | Fried Potatoes   | <b>420</b>  | <b>590</b> | kca:231 zs:1<br>sz:51 f:6 all:-                |
|                             | Boiled Pasta  | <b>420</b>  | <b>590</b> | kca:474 zs:3<br>sz:93 f:17 all:1               | Fried Potato   | <b>420</b>  | <b>590</b> | kca:730 zs:36<br>sz:92 f:9 all:-             | Steak Poatoes   | <b>420</b>  | <b>590</b> | kca:663 zs:29<br>sz:90 f:12 all:-              | Tarhonya (Boiled Pasta)                                    | <b>420</b>  | <b>590</b> | kca:345<br>zs:18 sz:38<br>f:7 all:1            |
|                             | Steamed Vegetable   | <b>420</b>  | <b>590</b> | kca:102 zs:1<br>sz:17 f:5 all:-                | Broccoli with Almond   | <b>490</b>  | <b>690</b> | kca:102 zs:1<br>sz:17 f:5 all:8              | Grean beans   | <b>420</b>  | <b>590</b> | kca:102 zs:1 sz:17<br>f:5 all:-                | Caramelized baby carotts                                   | <b>490</b>  | <b>690</b> | kca:102 zs:1<br>sz:17 f:5 all:-                |
| <b>Desserts</b>             | Slice of Cake   | <b>1050</b> |            | kca:384 zs:20<br>sz:46 f:5<br>all:1,3,7,8      | Plum Dumplings   | <b>990</b>  |            | kca:524 zs:14<br>sz:110 f:14 all:1           | "Somlói" cake   | <b>1050</b> |            | kca:397 zs:21<br>sz:44 f:5<br>all:1,3,7,8      | Poppy Seed and Sour Cherry noodles                         | <b>990</b>  |            | kca:832<br>zs:29 sz:108<br>f:28 all:1,3,       |



1.Glutén

2.Rákfélék

3.Tojás

4.Halak

5.Földimogyoró

6.Szójabab

7.Tej

8.Diófélék

9. Zeller

10.Mustár

11.Szezám

12.Kén-dioxid

13.Csillagfű

14.Puhatestűk

KCAL - Kalória tartalom

F - Fehérje tartalom

Sz - Szénhidrát tartalom

ZS - Zsír tartalom

ALL - Allergén