

Week 3.																			
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		small	large			small	large			small	large			small	large				
Soups	Hungarian-Style Turkey Ragu Soup	610	870	Frankfurt Soup	610	870	Chicken Gulash	610	870	Palóc Soup	610	870	Pork Ragu Soup	610	870				
	Green Bean Soup with Tarhonya (Boiled Pasta)	470	710	Tomato Soup	470	710	Bean Soup	470	710	Hot and Sour Soup	470	710	Broccoli Cream Soup	470	710				
	Fruit Soup	470	710	Minty Currant Fruit Soup	470	710	Dried Plum Soup	470	710	Sour Cherry Soup with Joghurt	470	710	Mixed Fruit Soup	470	710				
Chef's Special	Green Bean Soup with Tarhonya Breaded Pork with Chili, Creampotato with Cheese	2300		Frankfurt Soup Beef stew with croquet	2300		Bean Soup Vadas-style Roasted Turkey, Dumpling	2300		Palóc Soup Cabbage with Smoked Pork, baked potato	2300		Broccoli Cream Soup Chicken Breast with Vegetable	2300					
Budget-Friendly Menu	Hungarian-Style Turkey Ragu Soup Székelykáposzta (Cabbage with meat)	1880		Frankfurt Soup Spagetti Carbonara	1880		Chicken Gulash Vargabéies (Hungarian sweet cottage cheese noodle pie)	1880		Hot and Sour Soup Italian casserole pasta	1880		Pork Ragu Soup Green Pea stew, meatball	1880					
Fitness Menu	Hungarian-Style Turkey Ragu Soup Roasted Chicken breast with caramelized plum, brown rice	2200		Tomato Soup Kung-pao Chicken, Rice	2200		Bean Soup Fish with Polenta	2200		Hot and Sour Soup Chicken Breast with Ajvar, Rice with Spinach	2200		Broccoli Cream Soup Grilled Chicken Breast with Chili and Peach, Rice	2200					
Vega Menu	Green Bean Soup with tarhonya Mac and cheese	1880		Paradicsomleves Francia rakott burgonya	1880		Bean Soup Pasta with Potato	1880		Hot and Sour Soup Vegetable Medallion, Cream Potato	1880		Broccoli Cream Soup Zucchini vegetable stew	1880					
Ready-made Dishes	Bacska-style meet and rice	1850		Chicken Drumstick with Red Pesto	1390		Spicy Pork Slice	1370		Chicken Drumstick with Vegetable stew	1390		Chicken Breast with Cheese	1370					
Freshly Grilled	Breaded Chicken Breast	1370		Cordon bleu	1370		Breaded Pork with Seeds	1370		Breaded Chicken Breast with Camambert	1490		Breaded Chicken Breast	1370					
	Breaded Cheese	1300		Breaded Mushroom	1100		Breaded Cheese	1300		Breaded Cauliflower	1100		Breaded Cheese	1300					
Vegetable Stew	Lentil stew	920		Green Pea Stew	920		Potato stew	920		Bean stew	920		Green Pea stew	920					
Toppings	Sausage	540		Sausage	750		Meatball	690		Sausage	540		Meatball	690					
	Boiled Egg	250		Vegetable Medallion	540		Falafel	540		Boiled Egg	250		Boiled Egg	250					
Side Dishes	Jasmine Rice	420	590	Jasmine Rice	420	590	Jasmine Rice	420	590	Jasmine Rice	420	590	Jasmine Rice	420	590				
	Fried Potato	420	590	Steak Potato	420	590	Mashed Potato	420	590	Cream Potato	420	590	Fried Potato	420	590				
	Brown rice	420	590	Croquet	420	590	Fried Potato	420	590	Fried Potato	420	590	Couscouse	420	590				
	Steamed Vegetable	420	590	Broccoli with Almond	490	690	Green Bean	420	590	Caramelized baby carrots	490	690	Wok Vegetable	490	690				
Desserts	Donut	450		Noodles with Nutella	990		Császármosza (Hungarian sweet pasta with Jam)	1050		Darászfészek (Sweet Dough with Vanilla sauce)	1050		Churros	990					



1. Gulyás 2. Rántották 3. Trák 4. Fehér 5. Főzelék 6. Sajt 7. Tej 8. Döglök 9. Zeller 10. Músák 11. Szendvics 12. Kén-dioxid 13. Céljel 14. Puhított

KCAL - Kalória tartalom F - Fehérje tartalom Sz - Szénhidrát tartalom ZS - Zsír tartalom ALL - Allergén