

Weekly Menu 2024.09.16.-09.20

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
	small	large	small	large	small	large	small	large	small	large					
Soups	Sausage and Cabbage Soup	560 790	kca:185 zs:16 sz:4 f:8 all:7,9	Tarragon Ragu Soup	560 790	kca:125 zs:4 sz:7 f:15 all: 7,9	Pandúr gulyás (Hungarian Beef and Potato Stew)	560 790	kca:260 zs:16 sz:17 f:13 all:9	Meatball Soup	560 790	kca:108 zs:2 sz:15 f:7 all:1,3,9	Nyírség-style Dumpling Soup	560 790	kca:182 zs:15 sz:26 f:11 all:1,7,9
	Minty Green Pea Cream Soup	430 640	kca:92 zs:3 sz:10 f:5 all:7	Tuscan Vegetable Soup	430 640	kca:130 zs:1 sz:23 f:6 all:	French Onion Soup	430 640	kca:142 zs:5 sz:15 f:7 all:7	Vegetable Yellow Split Pea Soup	430 640	kca:130 zs:1 sz:23 f:6 all:1,3,7,9	Mediterranean Vegetable Soup	430 640	kca:150 zs:3 sz:23 f:3 all:9
	Rum-Flavored Sour Cherry Soup	430 640	kca:131 zs:2 sz:26 f:2 all:7	Forest Fruit Soup	430 640	kca:222 zs:6 sz:38 f:2 all:7	Minty Honey Apple Soup	430 640	kca:246 zs:9 sz:37 f:3 all:7	Citrus Soup	430 640	kca:111 zs:3 sz:18 f:5 all:7	Mixed Fruit Soup	430 640	kca:222 zs:6 sz:38 f:2 all:7
Chef's Special	Minty Green Pea Cream Soup Chicken Breast Baked in Cheesy Batter, Basil Mashed Potatoes	2090	kca:928 zs:46 sz:85 f:44 all:1,3,7	Tuscan Vegetable Soup Pork Tenderloin with Green Peppercorn Sauce, Green Beans, Croquette	2090	kca:724 zs:12 sz:108 f:42 all:7,9,10	French Onion Soup Venison Stew with Bread Dumplings	2090	kca:674 zs:11 sz:99 f:48 all:1,3,7	Meatball Soup Kentucky Fried Chicken Thigh Fillet, Roasted Potatoes, Coleslaw	2090	kca:918 zs:35 sz:115 f:26 all:1,3,7,9	Mediterranean Vegetable Soup Beef Lasagna	2090	kca:816 zs:48 sz:46 f:43 all:1,7,9
Budget-Friendly Menu	Sausage and Cabbage Soup Shepherd's Pie	1690	kca:660 zs:17 sz:90 f:36 all:3,7	Tarragon Ragu Soup Bolognese Spaghetti	1690	kca:734 zs:53 sz:29 f:30 all:1,7,9	Pandúr gulyás (Hungarian Beef and Potato Stew) Cabbage Stew with Tomatoes and Roast Pork	1690	kca:732 zs:174 sz:86 f:36 all:1,9	Vegetable Yellow Split Pea Soup Tarhonyás Hús (Hungarian Beef and Pasta Dish with Tarhonya)	1690	kca:613 zs:25 sz:50 f:44 all:1,9	Nyírség-style Dumpling Soup Hortobágyi style pasta	1690	kca:791 zs:64 sz:48 f:26 all:1,7,9
Fitness menu	Minty Green Pea Cream Soup Margherita Pike Perch Fillet, Parsley Rice	1990	kca: 559 zs:10 sz:76 f:43 all:4,7	Tuscan Vegetable Soup Soy-Honey Glazed Chicken with Cauliflower Puree	1990	kca:532 zs:11 sz:76 f:33 all:6,9	French Onion Soup Grilled Chicken with Caramelized Plum and Couscous	1990	kca:660 zs:17 sz:90 f:36 all:1,9	Vegetable Yellow Split Pea Soup Chicken Kebab with Zucchini Bulgur	1990	kca:744 zs:13 sz:110 f:160 all:1,9	Mediterranean Vegetable Soup Chicken Breast with Ajvar Sauce, Spinach Rice	1990	kca:652 zs: 9 sz:61 f:39 all:9
Vega menu	Minty Green Pea Cream Soup Zucchini Carbonara	1690	kca:448 zs:23 sz:15 f:27 all:1,7	Tuscan Vegetable Soup French Ratatouille with Rice	1690	kca:566 zs:20 sz:83 f:12 all:9	French Onion Soup Beetroot Gyros with Roasted Potatoes	1690	kca:929 zs:33 sz:80 f:36 all:7	Vegetable Yellow Split Pea Soup Gnocchi with Tomato	1690	kca:578 zs:19 sz:75 f:22 all:1,9	Mediterranean Vegetable Soup Zucchini Ratatouille, Rice	1690	kca:566 zs: 20 sz:83 f:12 all:9
Ready-made Dishes	Pork Stew	1190	kca:218 zs:13 sz:15 f:19 all:	Creamy Mushroom Chicken Breast	1250	kca:327 zs:14 sz:3 f:46 all:7	Roast Pork	1190	kca:152 zs:6 sz:7 f:16 all:-	Pesto Chicken Drumstick	1150	kca:147 zs:4 sz:10 f:7 all:-	Csabai-style Pork Cutlet	1190	kca:223 zs:15 sz:9 f:17 all:
	Honey Mustard Chicken Breast	1250	kca:275 zs:17 sz:3 f:27 all:10	Bácska-style Rice and Meat	1290	kca:483 zs:24 sz:27 f:38 all:-	Chili Beans	1390	kca:288 zs:18 sz:26 f:24 all:-	Italian Baked Chicken Breast	1250	kca:188 zs:8 sz:6 f:22 all:7	Grilled Haddock	1350	kca:449 zs:24 sz:12 f:46 all:1,4
Freshly Grilled	Chicken Breast Baked in Cheesy Batter	1250	kca:173 zs:4 sz:- f:34 all:1,3	Chicken Breast Stuffed with Spiced Butter	1290	kca:549 zs:35 sz:26 f:32	Breaded Ribs	1190	kca:243 zs:14 sz:4 f:23 all:1,3	Kentucky Fried Chicken Drumstick	1150	kca:298 zs:21 sz:6 f:18 all:-	Sesame-Crusted Pork Chop	1190	kca:243 zs:14 sz:4 f:23 all:1,3,11
	Breaded Cheese	1250	kca:601 zs:42 sz:20 f:33 all:1,3,7	Seafood Baked in Green Herb Batter	1190	kca:355 zs:22 sz:5 f:32	Breaded Cheese	1250	kca:601 zs:42 sz:20 f:33 all:1,3,7	Breaded Chicken Breast	1250	kca:173 zs:4 sz:- f:34 all:1,3	Breaded Camembert Cheese	1300	kca:698 zs:49 sz:26 f:35 all:1,3,7
	Breaded Cauliflower	990	kca:228 zs:13 sz:22 f:6 all:1,3	Breaded Mushrooms	990	kca:255 zs:13 sz:23 f:11 all:1,3	Breaded Mixed Vegetables	990	kca:230 zs:13 sz:24 f:5 all:1,3	Breaded Cauliflower	990	kca:228 zs:13 sz:22 f:6 all:1,3	Breaded Mushrooms	990	kca:255 zs:13 sz:23 f:11 all:1,3
Vegetable Stew	Creamed Spinach	830	kca:279 zs:17 sz:18 f:12 all:7	Yellow Split Pea Stew	830	kca:401 zs:10 sz:54 f:21 all:-1	Cabbage Stew with Tomatoes	830	kca:320 zs:6 sz:62 f:7 all:-1	Hungarian Paprika Potato	830	kca:431 zs:21 sz:46 f:7 all:	Dry Bean Stew	830	kca:276 zs:14 sz:3 f:34 all:1
Toppings	Boiled Egg (1 piece)	190	kca:81 zs:6 sz:1 f:7 all:3	Smoked Pork Loin	480	kca:212 zs:16 sz:- f:16 all:-	Roast Pork (again)	480	kca:152 zs:6 sz:7 f:16 all:-	Grilled Debrecen Sausage (1 piece)	320	kca:368 zs:10 sz:55 f:13 all:-	Grilled Sausage	480	kca:458 zs:10 sz:61 f:29 all:-
	Sunny-Side-Up Egg (1 piece)	200	kca:209 zs:16 sz:1 f:14 all:3	Vegetable Medallion	480	kca:85 zs:6 sz:6 f:3 all:	Falafel	480	kca:111 zs:5 sz:11 f:5 all:1	Boiled Egg	190	kca:81 zs:6 sz:1 f:7 all:3	Sunny-Side-Up Egg	200	kca:209 zs:16 sz:1 f:14 all:3
Side Dishes	Dumplings	390 550	kca:426 zs:1 sz:86 f:17 all:1,3	Boiled Pasta	390 550	kca:474 zs:3 sz:93 f:17 all:1	Couscous	390 550	kca:280 zs:- sz:58 f:9 all:1	Zucchini Bulgur	390 550		Jasmine Rice	390 550	kca:288 zs:0 sz:65 f:8 all:-
	Parsley Rice	390 550	kca:288 zs:0 sz:65 f:8 all:-	Croquette	390 550	kca:366 zs:1 sz:77 f:11 all:-	Roasted Potatoes	390 550	kca:663 zs:29 sz:90 f:12 all:-	Roasted Potatoes	390 550	kca:663 zs:29 sz:90 f:12 all:-	Steak Fries	390 550	kca:663 zs:29 sz:90 f:12 all:-
	Mashed Potatoes	390 550	kca:287 zs:8 sz:49 f:7 all:7	Jasmine Rice	390 550	kca:288 zs:0 sz:65 f:8 all:-	Mashed Potatoes	390 550	kca:231 zs:1 sz:51 f:6 all:-	Corn Rice	390 550	kca:300 zs:16 sz:1 f:14 all:	Steamed Vegetables	390 550	kca:102 zs:1 sz:17 f:5 all:-
	Mixed Salad	450 650	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetables	390 550	kca:102 zs:1 sz:17 f:5 all:-	Vegetable Rice	390 550	kca:300 zs:16 sz:1 f:14 all:	Mixed Salad	450 650	kca:102 zs:1 sz:17 f:5 all:-	Parsley Potatoes	390 550	kca:231 zs:1 sz:51 f:6 all:-
Desserts	Poppy Seed Dumplings (Mákos nudli)	790	kca:416 zs:15 sz:54 f:14 all:1,3,7	Somló-style Dumplings (Somlói galuska)	790	kca:312 zs:20 sz:75 f:4 all:1,3,7,9	Sour Cherry Strudel	550	kca:397 zs:21 sz:44 f:5 all:1	Semolina Pudding (Tejbeigriz)	590		Golden Walnut Dumplings (Arany Galuska)	850	kca:457 zs:2 sz:101 f:8 all:1,3,8

