

Week 4																				
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
		small	large			small	large			small	large			small	large			small	large	
Soups	Toscan-style Chicken Soup	610	870	kca:125 zs:4 sz:7 f:15 all: 7,9	French-style bean soup with smoked pork	610	870	kca:261 zs:9 sz:20 f:19 all:-	Meatball Soup	610	870	kca:120 zs:27 sz:30 f:33 all:1,3,9	Pork Ragu Soup with Chili	610	870	kca:236 zs:11 sz:26 f:13 all:1,7,9	Chicken Soup with Mushroom and Sour Cream	610	870	kca:375 zs:25 sz:14 f:21 all:1,7,9
	Vegetable Soup	470	710	kca:130 zs:1 sz:23 f:6 all: 1,3,7,9	Italian Tomato Soup	470	710	kca:97 zs:0 sz:22 f:1 all:-	Cerely Cream Soup with Potato	470	710	kca:182 zs:15 sz:26 f:11 all:7,9	Garlic Cream Soup	470	710	kca:484 zs:32 sz:31 f:14 all:7	Vegetable Soup with Pasta	470	710	kca:153 zs:9 sz:15 f:3 all:1
	Forest Fruit Soup	470	710	kca:222 zs:6 sz:38 f:2 all:7	Tropic Forest Soup	470	710	kca:111 zs:3 sz:18 f:5 all:7	Black Berry Fruit Soup	470	710	kca:208 zs:2 sz:44 f:3 all:7	Plum Soup	470	710	kca:111 zs:1 sz:20 f:3 all:7	Mixed Fruit Soup	470	710	kca:222 zs:20 sz:38 f:2 all:7
Chef's Special	Vegetabe Soup Milanese pork slice	2300		kca:1218 zs:68 sz:84 f:48 all:1,3,7,9	French-style bean soup with smoked pork Beef stew with red wine, dumplings	2300		kca:733 zs:17 sz:78 f:57 all:1,3	Meatba Soup Breaded Chicken Drumstick, Coleslow, Rice	2300		kca:989 zs:73 sz:105 f:99 all:1,3,4,7	Pork Ragu Soup with Chili Scalloped Potato	2300		kca:1256 zs:75 sz:84 f:37 all:1,3,6,7,8,9	Chicken Soup with Mushroom and Sour Cream Breaded Chicken, Parsley Potato	2300		kca:951 zs:45 sz:88 f:51 all:1,2,7
Budget-Friendly Menu	Vegetable Soup Chicken Rice dish	1880		kca:842 zs:23 sz:116 f:37 all:1,3,7,9	Italian Tomato Soup Four Cheese Pasta	1880		kca:574 zs:17 sz:69 f:35 all:1,7	Meatball Soup Sólett (Traditional Jewish Stew), boiled egg	1880		kca:450 zs:53 sz:66 f:58 all:1,3,7,9	Garlic Cream Soup Bolognese spagetti	1880		kca:1217 zs:88 sz:57 f:31 all:1,3,7	Vegetable Soup with Pasta Pasta at Hortobágy-Style	1880		kca:891 zs:41 sz:88 f:42 all:1,7
Fitness menu	Toscan-style Chicken Soup Grilled Chicken Breast, tzatziki, Jasmine Rice	2200		kca:793 zs:12 sz:96 f:62 all:4,7,9	Italian Tomato Soup Chicken Breast with Spinach sauce, sweet potato	2200		kca:705 zs:28 sz:69 f:43 all:1,7,9	Cerely Cream Soup with Potato Chicken Pad Thai	2200		kca:951 zs:43 sz:108 f:55 all:1,7,8,9,11	Garlic Cream Soup Chicken Breast with Honey and Mustard, jasmine rice	2200		kca:1049 zs:43 sz:111 f:52 all:1,6,7,10	Chicken Soup with Mushroom and Sour Cream Chicken Breast with Peach and Chili, Brown Rice	2200		kca:1359 zs:45 sz:152 f:81 all:1,7,9
Vega menu	Vegetable Soup Salsa rosa penne	1880		kca:784 zs:29 sz:82 f:50 all:1,7,9	Italian Tomato Soup Pasta with Potato	1880		kca:805 zs:16 sz:142 f:17 all:1	Cerely Cream Soup with Potato Falafel, Tomato Sauce, Jasmine Rice	1880		kca:677 zs:22 sz:116 f:28 all:1,7,9	Garlic Cream Soup Mushroom Paprikash, Dumplings	1880		kca:1308 zs:49 sz:159 f:51 all:1,3,6,7	Vegetable Soup with Pasta Steamed Vegetables	1880		kca:600 zs:33 sz:48 f:24 all:1,7,9
Ready-made Dishes	Tortellini with cheese sauce	1480		kca:178 zs:5 sz:4 f:26 all:1,7	Butcher Pork Lion	1370		kca:224 zs:12 sz:6 f:18 all:-	Ratatouille Pork	1370		kca:470 zs:23 sz:24 f:38 all:-	Pork stew	1190		kca:218 zs:13 sz:5 f:19 all:-	Bakony-style Turkey stew	1290		kca:305 zs:18 sz:26 f:24 all:1,7
Freshly Grilled	Breaded Chicken Breast	1370		kca:173 zs:4 sz: f:34 all:1,3	Kijev-style Chicken	1370		kca:549 zs:35 sz:26 f:32 all:1,3,7	Breaded fish fillet	1450		kca:355 zs:22 sz:5 f:32 all:1,3,4	Chicken Breast with Cheese	1250		kca:563 zs:17 sz:68 f:6 all: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	1050		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 Cheese	1050		kca:228 zs:13 sz:22 f:6 all:1,3	Breaded Cheese	1300		kca:601 zs:42 sz:20 f:33 all:1,3,7
Vegetable Stew	Green bean stew	920		kca:401 zs:10 sz:54 f:21 all:1	Spinach	920		kca:279 zs:17 sz:18 f:12 all:7	Sólet (Traditional Jewish Stew)	920		kca:315 zs:12 sz:36 f:18 all:1	Potato stew with Sour Cream	920		kca:431 zs:3 sz:49 f:7 all:1,7	Sorrel stew	920		kca:397 zs:31 sz:16 f:12 all:1,7
Toppings	Sausage	380		kca:368 zs:10 sz:55 f:13 all:-	French Toast	510		kca:214 zs:10 sz:26 f:6	Roast Pork	540		kca:212 zs:16 sz: f:16 all:-	Meatball	590		kca:190 zs:10 sz:13 f:11	Frđ sausage	510		kca:424 zs:37 sz:2 f:22 all:6
	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	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:-	Boiled Egg	250		kca:81 zs:6 sz:1 f:7 all:3
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:-	Jasmine Rice	420	590	kca:288 zs:0 sz:65 f:8 all:-
	Fried Potato	420	590	kca:730 zs:36 sz:92 f:9 all:-	Sweet Potato	550	940	kca:227 zs:10 sz:29 f:3 all:-	Mashed Potato	420	590	kca:231 zs:1 sz:51 f:6 all:-	Fried Potato	420	590	kca:730 zs:36 sz:92 f:9 all:-	Parsley Potato	420	590	kca:231 zs:1 sz:51 f:6 all:-
	Steak potato	420	590	kca:663 zs:29 sz:90 f:12 all:-	Parsley Potato	420	590	kca:231 zs:1 sz:51 f:6 all:-	Tarhonya (Boiled Pasta)	420	590	kca:345 zs:18 sz:38 f:7 all:1	Dumpling	420	590	kca:568 zs:2 sz:112 f:23 all:1,3	Boiled Egg	420	590	kca:474 zs:3 sz:93 f:17 all:1
	Steamed Vegetabe	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetable	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetable	420	590	kca:102 zs:1 sz:17 f:5 all:-	Steamed Vegetable	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	Dumplings	890		kca:524 zs:14 sz:110 f:14 all:1	Strudel	890		kca:397 zs:21 sz:44 f:5 all:1	Poppy Seed Bread Pudding	890		kca:416 zs:15 sz:54 f:14 all:1,3,7	Rice Soufflé	890		kca:423 zs:14 sz:61 f:11 all:3,7

