

MENU FOR AUGUST 28 - SEPTEMBER 30

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------|--|--|---|--|--|
| 1 | | | Creamy pea soup | White bean soup | Chicken meatball noodle soup Sweet potato soup (vegan) |
| | | | 1. Pork sausages 2. Chicken Katsu 3. Crepes with whipped cream and berries | 1. Spaghetti with turkey "Bolognese" 2. Pork shashlik 3. Broccoli and gorgonzola quiche | 1. BBQ pulled pork burger with potato wedges 2. Roast chicken steak, sweet-sour sauce 3. American pancakes |
| 2 | Beetroot soup with white beans | Pickle soup | Red lentil soup | Green bean and tomato soup | Cabbage soup |
| | 1. Turkey skewers, marinated vegetables 2. Tuscan chicken in cream sauce 3. Baked crispy eggplant | 1. Pork goulash 2. Chicken cordon bleu 3. Vegetable pancakes | 1. Beef lula kebab + tzatziki 2. Crepes with ham and cheese + butter and sour cream sauce 3. Ricotta cheese and vegetable lasagna | 1. Beef and pork lasagna 2. Salmon steak 3. Vegetable curry with coconut milk | 1. Chicken pilaf 2. Tagliatelle carbonara 3. Sweet and sour cauliflower |
| 3 | Beetroot soup | Tuscan bean soup | Vegetable broth with green peas and rice | Tomato and rice soup | Creamy pumpkin soup Salmon soup |
| | 1. Cottage cheese pudding 2. Turkey burrito 3. Pork sausages + stewed cabbage | 1. Beef Stroganoff 2. Chicken rolls with mozzarella 3. Enchiladas with vegetables and beans | 1. Turkey cannelloni 2. Sweet chili chicken wings 3. Turkey cannelloni | 1. Indian chili chicken (not spicy) + naan bread 2. Fish pie 3. Falafel with hummus, naan bread | 1. Chicken nuggets, garlic sauce 2. Salami pizza 3. Vegetarian chili con carne |
| 4 | Split pea soup | Minestrone soup | Pearl barley soup | White bean soup | Chicken meatball noodle soup Sweet potato soup (vegan) |
| | 1. Pork neck with mushroom and mustard sauce 2. Chicken curry 3. Tofu tortilla wraps | 1. Swedish beef meatballs in cream sauce 2. Chicken Katsu 3. Vegetarian soy goulash | 1. Homemade fish nuggets + cream sauce 2. Sweet and sour chicken 3. Potato pudding, "Kugelis" with sour cream/ bacon and sour cream sauce | 1. Spaghetti with turkey "Bolognese" 2. Pork shashlik 3. Broccoli and gorgonzola quiche | 1. Beef with broccoli 2. Crispy chicken bao buns 3. American pancakes |
| 5 | Beetroot soup with sauerkraut | Pickle soup | Red lentil soup | Green bean and tomato soup | Cabbage soup |
| | 1. Chicken thighs with carrots and cheese 2. Zeppelins with pork + bacon and sour cream sauce 3. Baked crispy eggplant | 1. Beef chilli con carne 2. Crepes with ham and cheese + butter and sour cream sauce 3. Spinach and feta pie Spanakopita | 1. Samogitian pancakes with pork + butter and sour cream sauce 2. Chicken cordon bleu 3. Chickpea curry | 1. BBQ pork ribs 2. Battered cod + cream sauce 3. Potato croquettes (rageljai) with mushroom sauce | 1. Chicken rolls with mozzarella 2. Hot dogs + french fries 3. Vegetable pancakes |
| 6 | White bean soup | | | | |
| | 1. Cottage cheese pudding 2. Thai-style BBQ pork 3. Creamy pesto pasta, cheese | | | | |