

**19/05/2025 - 25/05/2025**

## **Standard Menu**

### **Breakfast:**

- **Monday:** Chocolate oatmeal with pear and peanut butter
- **Tuesday:** Baked pancake with fruit and cream
- **Wednesday:** Oatmeal banana pancakes
- **Thursday:** Whole grain banana pancakes with almonds
- **Friday:** Pancake with cream

### **Lunch:**

- **Monday:** Salmon with asparagus and potatoes
- **Tuesday:** Asian style rice with vegetables
- **Wednesday:** Indian style cod in tomato sauce
- **Thursday:** Thai peanut chicken with coconut rice
- **Friday:** Greek style potato stew

### **Dinner:**

- **Monday:** Tortilla with chicken and curry sauce
  - **Tuesday:** Buckwheat salad and feta cheese
  - **Wednesday:** Zucchini roulades with tzatziki sauce
  - **Thursday:** Whole grain sandwich with salmon, avocado, and rocket
  - **Friday:** Whole grain pancakes with Mexican filling
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## **Vegetarian Menu**

### **Breakfast:**

- **Monday:** Chocolate oatmeal with pear and peanut butter
- **Tuesday:** Baked pancake with fruit and cream
- **Wednesday:** Oatmeal banana pancakes
- **Thursday:** Whole grain banana pancakes with almonds
- **Friday:** Pancake with cream

### **Lunch:**

- **Monday:** Bolognese Vege
- **Tuesday:** Asian style rice with vegetables
- **Wednesday:** Risotto with fresh tomatoes
- **Thursday:** Salad with potatoes, asparagus, and feta cheese
- **Friday:** Greek style potato stew

### **Dinner:**

- **Monday:** Vegan banana curry soup
  - **Tuesday:** Buckwheat salad and feta cheese
  - **Wednesday:** Zucchini roulades with tzatziki sauce
  - **Thursday:** Whole grain pasta with steamed vegetables
  - **Friday:** Sandwich with tofu paste
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## **Vegetarian + Fish Menu**

### **Breakfast:**

- **Monday:** Chocolate oatmeal with pear and peanut butter
- **Tuesday:** Baked pancake with fruit and cream
- **Wednesday:** Oatmeal banana pancakes
- **Thursday:** Whole grain banana pancakes with almonds
- **Friday:** Pancake with cream

### **Lunch:**

- **Monday:** Salmon with asparagus and potatoes
- **Tuesday:** Asian style rice with vegetables
- **Wednesday:** Indian style cod in tomato sauce
- **Thursday:** Thai peanut chicken with coconut rice
- **Friday:** Zucchini with shrimps in oriental sauce

### **Dinner:**

- **Monday:** Vegan banana curry soup
- **Tuesday:** Buckwheat salad and feta cheese
- **Wednesday:** Zucchini roulades with tzatziki sauce
- **Thursday:** Whole grain sandwich with salmon, avocado, and rocket
- **Friday:** Sandwich with tofu paste