

Menu for patients – Lunch and extras for dinner

Week 1	Menu 1	Menu 2	Menu 3	Dessert	Evening side dish	Evening salad
Monday	Vegetarian bolognese with spaghetti	Cod fillet on Dijon mustard sauce potatoes red cabbage salad	Chicken fricassee rice carrot salad	Strawberry quark	„Rollmops“ (pickled herring) / fish in tomato sauce	Carrot and celery salad
Tuesday	Sliced pork meat “gyros style” tzatziki rice	Potatoe gnocchi on spinach-cheese cream tomato salad	Fish roulade parsley sauce potatoes beetroot salad	Fresh fruit	Egg salad	Mustard pickles
Wednesday	Boiled beef horseradish sauce potato dumplings beetroot salad	Marinated tofu stir fried vegetables “asian style” glass noodles	Turkey steak gravy cauliflower, broccoli potato mash	„Rote Grütze“ (red jelly) with vanilla sauce	„Wurstsalat“ (sausage salad) Vienna style	Carrot salad
Thursday	Vegetarian lentil and potatoes ragout	Baked chicken breast with sauce stir fried vegetables cooked wheat kernels	Meatloaf with sauce Carrots and potatoes	Fresh fruit	Mediterranean pasta salad	Lettuce with dressing
Friday	„Jägerschnitzel“ (breaded and fried pork sausage) tomato sauce macaroni cucumber salad	Thai curry with chicken and jasmine rice	Potato soup with sausage bread	„Götterspeise“ (jello“) with vanilla sauce	Boiled egg	Bean salad / celery salad
Saturday	„Kaßler“ (cured and smoked pork) with sauce, buttered peas and potatoes	See menu 1	Cauliflower and cheese medaillon with green sauce and mashed potatoes	Mixed compote	Quark with herbs	Pickles
Sunday	Deer goulash savoy cabbage with cream napkin dumplings	Potato and wild garlic gnocchi vegetarian ratatouille	Veal roast and gravy carrots and corn	Vanilla pudding	Chicken salad	1 tomato/ cooked salad

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Week 2	Menu 1	Menu 2	Menu 3	Dessert	Evening side dish	Evening salad
Monday	2 boiled eggs with mustard sauce potatoes red cabbage salad	Lemon chicken with coconut milk sauce basmati rice	Carrot soup with beef bread	Vanilla quark	Fried and pickled herring/ Tuna in oil	Cooked carrot salad
Tuesday	Pork schnitzel mix of vegetables potatoes	Tortellini filled with Gorgonzola cheese tomato sauce	Chicory casserole cream sauce	Fresh fruit	Pasta salad	Mustard pickles
Wednesday	Bolognese sauce spaghetti cucumber salad	Quark with herbs "Rösti" (hash browns) cucumber salad	Breaded coalfish green sauce rice with a mix of vegetables	Skyr quark	Quark with herbs	Celery salad
Thursday	Braised beef with gravy red cabbage „Thüringer Klöße“ (potato dumplings)	Minced meat casserole with tomatoes, shepherd's cheese and bell pepper sauce	Scrambled eggs spinach potatoes	Fresh fruit	Meat salad	Carrot salad
Friday	Stew with green beans and beef bread	Vegetarian lasagna tomato sauce	Meatballs „Königsberger Art“ white sauce with capers potatoes beetroot salad	Fruit joghurt	Boiled egg	Napa cabbage salad with peach
Saturday	Cabbage roll sauce potatoes	Vegetarian cabbage roll sauce potatoes	Spinach and cream cheese sauce salmon tagliatelle carrot salad	Mixed compote	Herring in white sauce/ Herring in tomato sauce	1 tomato/ cooked salad
Sunday	Beef roulade gravy red cabbage with apples dumplings	Braised cucumbers with dill potato gnocchi	Veal ragout romanesco broccoli rice	Quark with peaches and apricots	Turkey and ham salad	Pickles

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Week 3	Menu 1	Menu 2	Menu 3	Dessert	Evening side dish	Evening salad
Monday	Oriental stew with chick peas baguette	Vegetable curry brown rice	Fish fillet dill sauce mashed potatoes lettuce with dressing	Chocolate pudding	„Rollmops“ (pickled herring) / fish in tomato sauce	Carrot and celery salad
Tuesday	Gratinated cauliflower and broccoli butter sauce potatoes	Lamb meat ball mediterranean vegetables baguette	Turkey breast sauce carrots mashed potatoes	Fresh fruit	Egg salad	Mustard pickles
Wednesday	„Schnitzel Cordon Bleu“ with sauce mixed vegetables Potatoes	Diced turkey bell pepper, broccoli couscous	Tortellini with cream cheese tomato sauce lettuce with dressing	Apple puree	„Wurstsalat“ (sausage salad) Vienna style	Carrot Salad
Thursday	Spinach lasagna with tomato sauce	Turkey steak gratinated with tomato and mozzarella green sauce mashed potatoes	Rutabaga stew bread	Vanilla quark	Mediterranean pasta salad	Lettuce with dressing
Friday	Lentil stew with sausage bread	Baked shepherd's cheese vegetable ratatouille bulgur	Sliced turkey broccoli „Eierknöpfe“ (little dumplings with egg)	Fruit yoghurt	Boiled egg	Bean salad / celery salad
Saturday	„Jägerpfanne“ (sliced pork and mushrooms) hash browns tomato and cucumber salad	See menu 1	Carrot, broccoli and potato casserole sauce with herbs and cheese	Fresh fruit	Quark with herbs	Pickles
Sunday	Lamb roast Rosemary gravy green beans baked potatoes	Pasta pockets with Appenzeller cheese green beans with pears	Veal roast Sauce cauliflower, broccoli and carrots Potatoes	Fruit salad	Chicken salad	1 tomato/ cooked salad

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Week 4	Menu 1	Menu 2	Menu 3	Dessert	Evening side dish	Evening salad
Monday	Bell pepper filled with minced meat sauce rice	Mushroom ragout spinach dumplings tomato salad	Noodle soup with poultry bread „Rote Grütze“ (red jelly) with vanilla sauce	„Rote Grütze“ (red jelly) with vanilla sauce	Fried and pickled herring/ Tuna in oil	Cooked carrot salad
Tuesday	Traditional thuringian sausagesauce fermented cabbage mashed potatoes	Chicken with herbs grilled vegetables potato gnocchi	“Wickelklöße“ (filled, bread crumbed potato dumplings) parsley sauce beetroot salad	Fresh fruit	Pasta salad	Mustard pickles
Wednesday	Moussaka with cucumber, sauce baguette	potato pockets filled with cream cheese tomato sauce cucumber salad	Meat ball kohlrabi Potatoes	Vanilla pudding	Quark with herbs	Celery salad
Thursday	pork goulash „szegediner style“ sliced dumplings “bohemian style”	Sliced and curried chicken, jasmine rice napa cabbage salad	Filled tortellini cream cheese sauce lettuce with dressing	Fresh fruit	Meat salad	Carrot Salad
Friday	Pea soup Bockwurst (sausage) bread	Spaghetti mix of vegetables pesto and parmesan	Hoki filet (fish) spinach mashed potatoes	Fruit yoghurt	Boiled egg	Napa cabbage salad with peach
Saturday	Beef goulash buttered noodles tomato salad	Vegetarian vegetable stew bread	Vegetable stew with meat balls bread	Mixed compote	Herring in white sauce/ Herring in tomato sauce	1 tomato/ cooked salad
Sunday	Chicken thigh sauce peas and champignons potatoes	Vegetarian broccoli patty peas and champignons potatoes	Roast beef Sauce carrots potato dumplings	„Götterspeise“ (jello“) with vanilla sauce	Turkey and ham salad	Pickles