

Menu of the week

### Monday

- Lunch  $\rightarrow$  Schiscetta with stuffed peppers and cocoa muffins
- Dinner → Escalopes with lemon + Potato and zucchini rösti

#### Tuesday

- Lunch → Schiscetta with sautéed noodles and cocoa muffins (variation to reduce waste)
- Cena → Piadipizza

#### Wednesday

- Lunch  $\rightarrow$  Schiscetta with rösti and coconut truffles
- $\square$  Falafel  $\rightarrow$  dinner with yogurt sauce and diced feta cheese

#### Thursday

Lunch  $\rightarrow$  Schiscetta with curry vegetables and basmati rice (same vegetables as the noodles)

Dinner → Chicken and Bacon Skewers + Honey and Thyme Glazed Carrots

# Friday

- Lunch  $\rightarrow$  Schiscetta with falafel and carrots glazed with honey and thyme
- $\square$  Dinner  $\rightarrow$  Creamy pasta with zucchini and almond pesto + Coconut truffles



 $\square$  Lunch  $\rightarrow$  Bruschetta with tomato sauce + Potato and cheese croquettes

 $\square$  Dinner  $\rightarrow$  Quinoa salad with avocado and shrimp

## Sunday

- $\square$  Lunch  $\rightarrow$  Lasagna with speck, brie and walnuts (prepared calmly for several portions)
- © Dinner → Berry cheesecake + Cod fillets with lemon + Toast or croutons