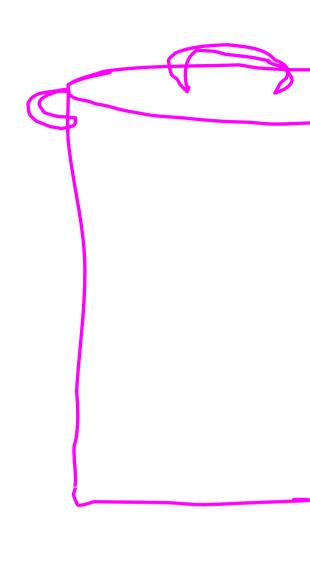
## LUNCH MENU WEEK 7, FEBRUARY 20 – 24, 2012

Monday	Tuesday	Wednesday	Thursday	FRIDAY
MENU				
Ham – Noodle	From the Pan:	Sliced	Anyi G.'s	Roasted
Casserole	Herring	Beef Ragout,	Favourite Food.	Chili Chicken
with Fine Vegetable	Remoulade	Broccoli and spicy	"Chinese Surprise"	with Baked Potatoes
and Tomato Sauce	and Potatoes with	Basmati Rice		and Winter
	Green Salad			Vegetables
MENU II				
Fennel Soup		Clear	Stuffed	
with Roasted Bread	Pumpkin – Quinoa	Vegetable Soup	Mushroom	Ricotta "Ravioli"
and fresh Chervil	Omelette	with Beans and	with Wild Rice	with Fried Chicory and
	with Bean Salad	Fresh Herbs	and Curry Cauce	Walnut Pesto
DESSERT				
Apple Crumble	Sturm's	Amaranth Orange	Chocolate Pudding	Pineapple Smoothie
, ippie siemele	Cake	Cream	Chocolate i bading	
	Cake	Cicum		

This Week Potatoes, Minced Meat, White Cabbage, Zucchini, Oranges, Chicory and Apples are Fair Trade or Organic.





## Menu for Breakfast, Dinner and Weekend Week 7, February 20 – 26, 2012

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Brunch
REAKFAST  Smooth  Cream of Banana  with Millet Flakes,  Sweetened with Fruit  Juice	Lemon Yoghurt with Amaranth	Savoury Buckwheat Pancakes with Leek & Mountain Cheese Filling	Bircher Musli with Fresh, Ripe Fruits	Lukewarm Chocolate Muffin Topped With a Drop of Vanilla Sauce	Homemade Porridge with Dried Fruit, Budwig Musli, a Variety of Eggs, Tea, Coffee, Fresh Fruit and Vegetable Juices	Mini Schnitzel, Croissants, Orange & Raison Rolls, Bread, Butter, Jam, Fresh Fruit Salad, Stuffed Tomatoes with Spicy Dip, Tea, Coffee
Vegetarian Moussaka with Sheep Cheese and Cabbage Salad	Fried Leek with Ham and Baked Potatoes	Zucchini & Onion Tart and Endive Salad	Chickpeas Stew with Herb Baguette	Smoked Salmon with Baked Potato and Sour Cream	Potato & Vegetable Gratin with Ham, Delicious Salads, Sandwich Meats, Cheeses and Spreads, Tea, Fruit Punch [non alcoholic]	Ham and Cheese, Delicious Salads, Sandwich Meatballs, and Spreads, Tea, Fruit Punch [non alcoholic]

This Week Bananas, Apples, Zucchini, Leek, Bacon, and Eggs are Fair Trade or Organic.

OPENING HOURS: Breakfast 8.00 am - 10.00 am Brunch 10.00 am - 2.00 pm Dinner 6.00 pm - 7.30 pm