



Monday	Tuesday	Wednesday	Thursday	Friday
Spinach and carrot salad	Fish curry ⁰⁴	Chestnut cream ⁰⁸	Wok noodles ⁰³ ⁰⁵ ⁰⁶ ¹⁴	Lentil salad
Carbonara pasta ⁰¹	Loin with cabbage	“Escaldums”	Steamed hake ⁰⁴	Pizza
Apple	Pineapple	Orange	Pear	Ice cream

Ideas for dinner

Hake grilled	Tortilla with stir-fries and salad	Bread with oil	Chicken with baked potatoes	Hamburgers
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