

Menu 1



Breakfast



Mixed grain porridge with jam
Rye bread with ham and cheese
Orange
Tomato and cucumber
Black coffee and sugar cubes
Milk (2.5%)

Lunch

Baked chicken fillet served with boiled potatoes and stewed vegetables
Sour cream sauce
Brown and black bread
Apple
Milk (2.5%), Everin mineral water (500 ml)

Dinner

Cream of salmon soup
Cottage cheese with sour cream and herbs
Tomato and cucumber
Wholegrain rolls and brown bread
Everin mineral water (500 ml)
'Health mix' nuts



Menu 2



Breakfast

Barley porridge
Rye bread with boiled egg
Spicy sprat fillets
Orange
Black coffee and sugar cubes
Milk (2.5%)



Lunch



Oven-baked salmon with rice and vegetables
Cold sauce to accompany fish
Cabbage, sweet pepper and cucumber salad
Brown and black bread
Apple
Tomato juice, Everin mineral water (500 ml)

Dinner

Potato and meatball soup
Curd and raisin mousse
Pear
Wholegrain rolls and brown bread
Everin mineral water (500 ml)
'Health mix' nuts



Menu 3



Breakfast

Oat porridge with jam
Orange
Wholegrain roll with ham
Tomato and cucumber
Coffee with sugar and milk
Raspberry & blueberry or pear & banana smoothie



Lunch

Breaded silver hake served with boiled potatoes
Beetroot salad
Sour cream sauce with horseradish
Rye and brown bread
Kefir, Everin mineral water (500 ml)



Dinner

Cream of chicken and cauliflower soup
Curds with cocoa
Pear
White and brown bread
Everin mineral water (500 ml)



Menu 4



Breakfast

Bacon and eggs
Tomato and cucumber
Rye bread
Orange
Coffee with sugar and milk
Raspberry & blueberry or pear & banana smoothie

Lunch

Baked pork chop in a cream sauce
Boiled potatoes and stewed vegetables
Cabbage and orange salad
Rye and brown bread
Mixed fruit juice, Everin mineral water (500 ml)

Dinner

Cabbage borscht with sour cream
Fruit jelly with whipped cream
Rye and brown bread
'Health mix' nuts
Everin mineral water (500 ml)



Menu 5



Breakfast

Rice pudding with butter
Rye bread with ham and cheese
Tomato and cucumber
Coffee with sugar and milk
Raspberry & blueberry or pear & banana smoothie



Lunch

Chicken fillet with cheese served with rice and vegetables
Cabbage and carrot salad
Cold sauce to accompany chicken
Rye and brown bread
Apple
Tomato juice, Everin mineral water (500 ml)



Dinner

Fish and rice soup served with egg and sour cream
Rye and brown bread
Baked cheese curds with raisins and thickened fruit juice
Pear
Everin mineral water (500 ml)





Fee-charging menu – price list

Price (EUR)

T9992	Three meals	16.00
T9993	One meal (breakfast)	4.00
T9994	One meal (lunch)	6.00
T9995	One meal (dinner)	6.00

