

DAY	TIME	Breakfast	TIME	Lunch	TIME	Dinner
Thursday (09.02)					20:00	Mushrooms cream soup Whole grain bread slices and buns Chicken breast grilled White fish Mashed potatoes Boiled and sauteed green beans Fresh green salad mix with lemon juice Apple strudel Fresh fruits (bananas and apples)
Friday (10.02)	08:00	Sweedish buffet	13:30	Mix of green salads with beetroot, walnuts, feta cheese and chicken breast-350g on a plate Whole grain bread slices and bun Lean pork meatballs in red sauce served Pasta Chocolate cake Fresh fruits	19:30	Vegetables cream soup Whole grain bread slices and buns Grilled pork lean meat with mushrooms sauce Boiled potatoes with fresh herbs Sauteed vegetables Apple tart
Saturday (11.02)	08:00	Sweedish buffet	11:00	Grilled chicken breast Fresh vegetables salad with olive oil (lettuce, bell pepper, tomatoes, carrots no onion, no cucumber) Whole grain bread slices and buns Pasta tomatoes sauce and vegetables Shredded parmesan Rice pudding	19:00	Nicoise salad Whole grain bread slices and buns Roasted beefg served with mashed potatoes and red cabbage Black forest cake Fresh fruits
Sunday (12.02)	08:00	Sweedish buffet				