

full diet

Monday	Breakfast: scrambled eggs with wholemeal bread, tomato slices, apple juice Lunch: Grilled chicken breastfilet, mashed potatoes, steamed peas, carrots Dinner: Lentil soup, wholemeal roll, mixed salad with yoghurt dressing
Tuesday	Breakfast: yoghurt with muesli and berries, a wholemeal croissant Lunch: pork tenderloin, roast potatoes, broccoli Dinner: Chicken soup with vegetables, wholemeal bread, vegetable salad
Wednesday	Breakfast: scrambled eggs with bacon, toast, freshly squeezed orange juice Lunch: Beef roulade, red cabbage, potato dumplings Dinner: Cream of vegetable soup, wholemeal bread, cheese platter
Thursday	Breakfast: scrambled eggs with bacon, toast, freshly squeezed orange juice Lunch: Beef roulade, red cabbage, potato dumplings Dinner: Cream of vegetable soup, wholemeal bread, cheese platter
Friday	Breakfast: scrambled eggs with cheese, bread roll, tomato juice Lunch: roast pork, sauerkraut, dumplings Dinner: Vegetable soup, wholemeal bread, fruit salad
Saturday	Breakfast: Cheese omelette, wholemeal bread, freshly squeezed orange juice Lunch: Stuffed peppers with minced meat, rice Dinner: Tomato soup, wholemeal bread, mixed salad
Sunday	Breakfast: Pancakes with fresh fruit, a glass of milk Lunch: Roast beef, spaetzle, green beans Dinner: Pumpkin and carrot soup, wholemeal bread, selection of cheeses

bland diet

Monday	Breakfast: porridge with banana, herbal tea Lunch: Steamed cod, rice, carrot puree Dinner: Clear broth, soft-boiled zucchini, apple sauce
Tuesday	Breakfast: Quark with grated apple, herbal tea Lunch: Turkey breast with mashed potatoes, steamed cauliflower Dinner: Vegetable broth, soft-boiled carrots and zucchinis, unsweetened apple sauce
Wednesday	Breakfast: apple sauce with some oatmeal, herbal tea Lunch: Chicken breast filet with rice, steamed green beans Dinner: Clear chicken broth, steamed vegetables, yogurt
Thursday	Breakfast: yogurt with stewed pears, herbal tea Lunch: Steamed fish with mashed potatoes, steamed zucchini Dinner: Clear vegetable broth, soft-boiled carrots, unsweetened apple sauce
Friday	Breakfast: Quark with stewed apples, herbal tea Lunch: Turkey filet with rice, steamed broccoli Dinner: Clear broth, steamed carrots, apple sauce
Saturday	Breakfast: yogurt with a little honey, herbal tea Lunch: Steamed fish with mashed potatoes, boiled carrots Dinner: Clear vegetable broth, soft-boiled zucchinis, unsweetened apple sauce
Sunday	Breakfast: Quark with stewed pears, herbal tea Lunch: Steamed chicken with rice, carrot puree Dinner: Clear broth, steamed zucchinis, unsweetened apple sauce

vegetarian

Monday	Breakfast: Wholemeal toast with avocado and tomatoes, orange juice Lunch: Vegetable quiche, green salad with vinaigrette Dinner: Pumpkin soup, wholemeal roll, cream cheese with herbs
Tuesday	Breakfast: Fruit smoothie with spinach, wholegrain muesli Lunch: Ratatouille with polenta, mixed salad Dinner: Tomato soup, wholemeal roll, cucumber salad
Wednesday	Breakfast: Chia pudding with berries, herbal tea Lunch: Chickpea curry, basmati rice, green salad Dinner: Cauliflower soup, wholemeal roll, carrot salad
Thursday	Breakfast: Wholemeal toast with jam, fruit smoothie Lunch: Vegetable lasagna, mixed salad Dinner: cream of spinach soup, wholemeal roll, carrot salad
Friday	Breakfast: oatmeal with berries, herbal tea Lunch: Couscous salad with vegetables, hummus Dinner: Pumpkin soup, wholemeal roll, cream cheese with herbs
Saturday	Breakfast: wholegrain muesli with yogurt, herbal tea Lunch: Lentil Bolognese with wholemeal pasta, mixed salad Dinner: Cream of vegetable soup, wholemeal roll, fruit salad
Sunday	Breakfast: Fruit smoothie with spinach, wholemeal toast Lunch: Vegetable curry with rice, green salad Dinner: Cream of tomato soup, wholemeal roll, cucumber salad