



MAARIF SCHOOLS BUDAPEST MENU

20TH OF OCTOBER- 22ND OF OCTOBER



MONDAY

Lunch:

Celery cream soup → 150 kcal
Chicken stew with Spaghetti →
550 kcal

Snack:

Fruit juice → 80 kcal
Dörmi sponge cake → 120 kcal



TUESDAY

Lunch:

Goulash soup → 250 kcal
Chicken cordon bleu → 480 kcal
Parsley potatoes → 250 kcal

Snack:

Fruit → 70 kcal
Pastry → 250 kcal



WEDNESDAY

Lunch:

Vermicelli soup → 130 kcal
Spinach with minced meat+ Rice
→ 480 kcal

Snack:

Fruit juice → 80 kcal
Muesli bar → 150 kcal

THURSDAY



FRIDAY



All food ingredients in our kitchen are inspected.