



MAARIF SCHOOLS BUDAPEST VEGETARIAN MENU

20TH OF OCTOBER- 22ND OF OCTOBER



MONDAY

Lunch:

Celery cream soup → 150 kcal
Vegetable Pesto Spaghetti →
520 kcal

Snack:

Fruit juice → 80 kcal
Dörmi sponge cake → 120 kcal



WEDNESDAY

Lunch:

Vermicelli soup → 130 kcal
Spinach with Rice → 400 kcal
Yoghurt → 100 kcal

Snack:

Fruit juice → 80 kcal
Muesli bar → 150 kcal



FRIDAY

TUESDAY



Lunch:

Vegetable soup → 120 kcal
Breaded stuffed mushroom → 300
kcal

Parsley potatoes → 250 kcal

Snack:

Fruit → 70 kcal
Pastry → 250 kcal

THURSDAY



All food ingredients in our kitchen are inspected.