# **VEGEt Cowork - Eat better meals every day**

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## **DAILY MENU 25. 8. - 29. 8.**

#### MONDAY

#soup

Indian soup of red lentils with cream, chili, and coriander (9, 12)

#main dishes

Szegedin goulash with soy meat and potato galette with sour cream (1a, 6, 9, 12)

Zucchini korma with chickpeas (9)

Lasagna with spinach, "meat" from pea protein and mozzarella cheese (1a, 9)

Sweet potato pancakes with cheddar cheese (1a, 9)

#side dishes

Colored rice

Roasted pumpkin with thyme

Bean salad with cumin, coriander, and peppers

#dessert

Chocolate mousse with gingerbread gluten-free sponge cake and sour cherries (12)

#### **TUESDAY**

#soup

Indian soup of red lentils with cream, chili, and coriander (9, 12)

#main dishes

Szegedin goulash with soy meat and potato galette with sour cream (1a, 6, 9, 12)

Zucchini korma with chickpeas (9)

Lasagna with spinach, "meat" from pea protein and mozzarella cheese (1a, 9)

Sweet potato pancakes with cheddar cheese (1a, 9)

#side dishes

Colored rice

Roasted pumpkin with thyme

Bean salad with cumin, coriander, and peppers

#dessert

Chocolate mousse with gingerbread gluten-free sponge cake and sour cherries (12)

## **WEDNESDAY**

#soup

Indian soup of red lentils with cream, chili, and coriander (9. 12)

#main dishes

Szegedin goulash with soy meat and potato galette with sour cream (1a, 6, 9, 12)

Zucchini korma with chickpeas (9)

Lasagna with spinach, "meat" from pea protein and mozzarella cheese (1a, 9)

Sweet potato pancakes with cheddar cheese (1a, 9)

#side dishes

Colored rice

Roasted pumpkin with thyme

Bean salad with cumin, coriander, and peppers

#dessert

Chocolate mousse with gingerbread gluten-free sponge cake and sour cherries (12)

#### **THURSDAY**

#soup

Indian soup of red lentils with cream, chili, and coriander (9, 12)

#main dishes

Szegedin goulash with soy meat and potato galette with sour cream (1a, 6, 9, 12)

Zucchini korma with chickpeas (9)

Lasagna with spinach, "meat" from pea protein and mozzarella cheese (1a, 9)

Sweet potato pancakes with cheddar cheese (1a, 9)

#side dishes

Colored rice

Roasted pumpkin with thyme

Bean salad with cumin, coriander, and peppers

#desser

Chocolate mousse with gingerbread gluten-free sponge cake and sour cherries (12)



# **FRIDAY**

#soup

Indian soup of red lentils with cream, chili, and coriander (9, 12)

#main dishes

Szegedin goulash with soy meat and potato galette with sour cream (1a, 6, 9, 12)

Zucchini korma with chickpeas (9)

Lasagna with spinach, "meat" from pea protein and mozzarella cheese (1a, 9)

Sweet potato pancakes with cheddar cheese (1a, 9)

#side dishes

Colored rice

Roasted pumpkin with thyme

Bean salad with cumin, coriander, and peppers

#dessert

Chocolate mousse with gingerbread gluten-free sponge cake and sour cherries (12)