
KI-NOVA

GEMEINSAM GESUND GENIESSEN

LUNCH 11:30-15:00

MONTAG / MONDAY 19.11.18

- A: Nudelaufwurf / Paprika / Karotten / grüne Bohnen / Mozzarella / Pilze ^{vegetarisch} 7,90
Lasagna/ bell peppers/ carrots/ green beans/ mozzarella cheese/ mushrooms
- B: Kassler / Limetten-Rahm-Kohlrabi / Curry-Zwiebeln / Kartoffeln 8,90
Smoked pork chop/ turnip-cream with lime/ onions/ potatoes

DIENSTAG / TUESDAY 20.11.18

- A: Gnocchi / Tomate / Mozzarella / Salbei / Paprika ^{vegetarisch} 7,90
Gnocchi/ tomato/ mozzarella cheese/ sage/ bell peppers
- B: Putenbrust / Paprika / Feta / Chorizo / Rucola / Kirschtomaten / Reis 8,90
Turkey breast/ bell peppers/ feta cheese/ chorizo sausage/ rocket salad/cherry tomatoes/ rice

MITTWOCH / WEDNESDAY 21.11.18

- A: Zitronen Blumenkohl / Kräuter-Hollandaise / Kartoffeln / Nüsse ^{vegetarisch} 7,90
Lemoned cauliflower/ herbal-hollandaise-sauce/ potatoes/ nuts
- B: Chili Con Carne / Karotten-Weißkohlsalat / Limettenschmand / Tortilla Chips 8,90
Chili con Carne/ Cole-Slaw/ lime-dip/ Tortilla chips

DONNERSTAG / THURSDAY 22.11.18

- A: Mandel-Rahmspinat / gekochtes Ei / Kartoffel-Parmesan-Püree / Kräuter ^{Vegetarisch} 7,90
Almond-spinach/ boiled egg/ potato-parmesan-cheese-puree/ herbs
- B: Hähnchenbrust / Ki-Nova Wok-Gemüse / Basmati-Reis / Kokos-Currysauce 8,90
Chicken breast/ wok-veggies/ basmati rice/ coconut-curry-sauce

FREITAG / FRIDAY 23.11.18

- A: Tagliatelle / Rucola-Basilikum-Pesto / getrocknete Tomaten / Parmesan ^{vegetarisch} 7,90
Tagliatelle / rocket salad-basil-pesto/ dried tomatoes/ parmesan cheese
- B: Schweinefilet / gebratene Thymian-Bohnen / Zitronen-Minz-Schmand / Kartoffeln 8,90
Pork fillet/ roasted thyme-potatoes/ lemon-mint-dip/ baked potatoes