
KI-NOVA

GEMEINSAM GESUND GENIESSEN

LUNCH 11:30-15:00

MONTAG / MONDAY 25.9.17

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

DIENSTAG / TUESDAY 26.9.17

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

MITTWOCH / WEDNESDAY 27.9.17

- A: Spaghetti / Rucola-Basilikum-Pesto / getrocknete Tomaten / Parmesan ^{vegetarisch} 7,90
Spaghetti/ rocket salad-basil-pesto/ dried tomatoes/ parmesan cheese
- B: Rinderhack / Karotten-Weißkohlsalat / Gorgonzola / Thymiankartoffeln 8,90
Minced Beef / carrot-cabbage salad / Gorgonzola cheese / thyme potatoes

DONNERSTAG / THURSDAY 28.9.17

- A: Mandel-Rahmspinat / Rührei/ Kartoffel-Parmesanpüree / Kräuter ^{Vegetarisch} 7,90
Almond-spinach/ scrambled eggs/ 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 29.9.17

- A: Zitronen Blumenkohl / Kräuter-Hollandaise / Kartoffeln / Nüsse ^{vegetarisch} 7,90
Lemoned cauliflower/ herbal-hollandaise-sauce/ potatoes/ nuts
- B: Schweinefilet / gebratene Thymian-Bohnen / Zitronen-Minz-Schmand / Kartoffeln 8,90
Pork fillet/ roasted thyme-potatoes/ lemon-mint-dip/ baked potatoes