

Example of a weekly menu - Patrik Helin

MONDAY

Stowed macaroni and sausages

TUESDAY

Fried cod, potatoes, cooked carrots / peas and cold sauce

WEDNESDAY

Pancakes made on wholemeal flour

THURSDAY

Thaiwok chicken, fresh vegetables and egg noodles

FRIDAY

Lamb casserole, wholemeal rice, vegetables

SATURDAY

Lunch: Meat soup and pancakes

Dinner: Pizza homemade

SUNDAY

Lunch: Meatballs, potatoes, sauce and lingonberry

Dinner: Barbecue chicken file, oven-baked potatoes and mangorajja sauce

