Humboldt-Institut e. V.

<u>SAMPLE MENUS SERVED IN LINDENBERG*</u>

	<u>Lunch</u>	<u>Dinner</u>
<u>Monday</u>	Beef soup with vegetables Pork cutlet in cream sauce with mushrooms, noodles and tomato salad Chocolate pudding with whipped cream	Cold and warm buffet Cheese cake with pears
<u>Tuesday</u>	Tomato soup Steak with curry sauce and baked bananas, rice and salad Lemon cream	Tortellini with cheese and mixed salad Strawberry cake
<u>Wednesday</u>	Noodle soup Rump steak with herb butter, French beans and potato gratin Banana split	Bavarian specialties: sausages, "Leberkäs" (a type of meatloaf) baked potatoes and salad Apple pie
<u>Thursday</u>	Cucumber cream soup Meatball with mashed potatoes and peas Baked apple with vanilla sauce	Different kinds of Pizza with salad Fruit salad
<u>Friday</u>	Minestrone Grilled pike-perch filet with leek and boiled potatoes Tiramisu	Spaghetti with pepper and chicken pieces, mixed salad Banana with chocolate sauce
<u>Saturday</u>	Lunch packages for the full-day excursion: Sandwiches, fruits and drinks	Spare ribs, pork steaks and sausages, potato wedges and mixed salad Bavarian mousse with a fruity sauce
<u>Sunday</u>	Leek cream soup Mixed barbecue platters (beef, pork, chicken, sausages) with grilled tomatoes, leaf spinach, potatoes with sour cream Pineapple with caramel sauce	Lasagna al forno Mixed salad with goat's milk cheese "Donauwelle", a regional specialty cake
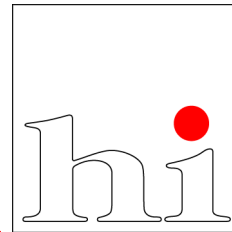
* Please note that above mentioned menus are examples for meals which were provided within one week for our participants in Lindenberg. The offered meals vary from center to center, i.e. they do not follow standardized menu plans.

Daily breakfast:

Different kinds of cereals, yogurt, different kinds of bread, sausages and cheeses platters, toast, marmalade, different kinds of fruits, orange juice, tea, cacao, coffee

Breakfast on Sundays:

Different kinds of cereals, yogurt, different kinds of breads, croissants, toast, marmalade, sausages and cheese platters, boiled eggs, scrambled eggs with ham, different kinds of fruits, orange juice, tea, cacao, coffee