



A.Vogel's Special Menu for Defences

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Homemade muesli*	Budwig cream*	Boiled egg, whole wheat bread, white cheese and fruit compote	Quinoa muffins*	Rye bread, cheese and apple slices	Homemade muesli*	Rye bread, ham omelette and tea
Snack	Seasonal fruit	Soya milk and whole grain cereal cookie	Apple and banana smoothie*	125 ml (½ c.) plain yogurt with berries	Handful of grapes	Yogurt	Seasonal fruit
Lunch	Fennel soup with meat balls*	Carrot soup* and goat cheese and blackberry stuffed bun*	Primavera pastas*	Endive salad with grapes*	Sensational tuna sandwich*	Onion soup and vegetable Beggar's Purse*	Rapido presto fish*, broccoli light cheese sauce* and potatoes
Snack	Carrots with yogurt dip*	Delicious apples with dip*	Whole grain cereal cookie	Granola bar*	Apple and banana smoothie*	Grandma's apple pie*	Whole grain cereal cookie
Supper	Salmon with garlic, spinach and mashed vegetables	Stuffed meatballs* with salad and raw vegetables	Corn hotpot with bell peppers and beans*, and chicken	Pear with eggplant* and wild rice	Escarole hotpot*	Tagliatelle with spinach*	Carrot soup* with toast with pears, almonds and goat cheese*
Snack	A handful of nuts and chamomile herbal tea	A handful of nuts and Bambu® Sensation*	Seasonal fruit	A handful of nuts and Bambu® Sensation*	Whole grain cereal cookie and Bambu® coffee substitute	Seasonal fruit	A handful of nuts and Bambu® Sensation*

* These recipes are available on our website at www.avogel.ca.
For direct access online, click on a recipe.