

# Menüs Diäten

Hyperlipidämie und Diabetes qualitativ

Aufbau Stufe 2

Leichte Vollkost

Feingeschnitten

Diabetes quantitativ / Gestationsdiabetes

Kinder-Diabetes quantitativ

70-80 gr Eiweiss P, K-und Na-definiert

Natriumdefiniert

	Monday 13 June 2022	Tuesday 14 June 2022	Wednesday 15 June 2022	Thursday 16 June 2022	Friday 17 June 2022	Saturday 18 June 2022	Sunday 19 June 2022
<b>Diabetes qualitative</b>	Rolled beef Stewing sauce Polenta Cauliflower Pear mus	Veal stew Rosemary sauce Pasta tricolore Asparagus Strawberry quark cream	Meatloaf with garnish Cream sauce with cognac Egg-noodle Spätzli Mixed salad Balsamic salad dressing / fruit salad	Roast pork Apple sauce Mashed potatoes Broccoli with almonds Raspberry-yoghurt cream	Pike perch fillet Fish cream sauce Potato-garden vegetables Cucumber salad Yeast snail	Roast veal shoulder Grainy mustard sauce Pilau rice Courgettes Pineapple salad	Roast corn-fed poulard breast Sweet & sour sauce Millet Spinach Panna cotta with fruits of the forest
<b>Weight- gain diet 2</b>	Rolled beef Stewing sau Polenta Kohlrabi Pear mus	Veal stew Rosemary sauce Pasta tricolore Asparagus Mocha quark cream	Meatloaf with garnish Gravy sauce with cubed tomatoes Egg-noodle Spätzli Fennel Chocolate cream	Roast pork Apple sauce Mashed potatoes Carrots Raspberry-yoghurt cream	Pike perch fillet Fish sauce Potato-garden vegetables Chocolate cream	Roast veal shoulder Gravy Pilau rice Courgettes Pineapple compote	Chicken breast Herb quark dip Millet Carrots Blancmange with fruit cocktail
<b>Light full diet</b>	Rolled beef Stewing sau Polenta Kohlrabi Pear mus	Veal stew Rosemary sauce Pasta tricolore Asparagus Strawberry quark cream	Meatloaf with garnish Gravy sauce with cubed tomatoes Egg-noodle Spätzli Fennel Fruit salad	Roast pork Apple sauce Mashed potatoes Broccoli Raspberry-yoghurt cream	Pike perch fillet Fish cream sauce Potato-garden vegetables Carrots salad Yeast snail	Roast veal shoulder Gravy Pilau rice Courgettes Pineapple salad	Chicken breast Herb quark dip Millet Carrots Panna cotta with fruits of the forest
<b>Easy to eat</b>	Cream soup with egg Chicken stripes with thyme sauce Potato cubes Peas Vanilla cream	Cream of 'Weggli' bread roll soup Beef bolognaise with rosemary sauce Polenta with cheese Celeriac with saffron Mocha quark cream	Cream of potato soup Veal stripes with turmeric sauce Semolina galettes Two-coloured carrot cubes Panna cotta with fruits of the forest	Cream of rice soup Turkey stripes with marjoram sauce Millet risotto Seasonal mixed vegetables Chocolate pudding	Cream of asparagus soup Fish ragout with fish sauce Rice Creamed spinach Pear quark with mint	Egg-drop soup Rabbit stripes with oregano Fine pasta Seasonal vegetables Blancmange Chocolate sauce	Cream of semolina pudding Pork in apple sauce Rice Vegetable cubes Semolina flan with fruit sauce

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<b>Diabetes quantitativ</b>	Rolled beef Gravy Polenta Cauliflower Leaf salad French dressing Pear mus	Veal stew Rosemary gravy Pasta tricolore Carrots Cucumber salad Strawberry cream	Meatloaf with garnish Gravy with oregano Egg-noodle Spätzli Fennel Mixed salad French dressing Fruit salad	Roast pork Gravy Mashed potatoes Broccoli Mixed salad French dressing Raspberry-yoghurt cream	Pike perch fillet Dill gravy Potato-garden vegetables Cucumber salad Carrot cake	Roast veal shoulder Grainy mustard gravy Pilau rice Courgettes Pineapple salad	Chicken breast Turmeric gravy Millet Carrots Lettuce salad French dressing Vanilla cream
<b>Childhood diabetes quantitativ</b>	Rolled beef Gravy Cubed potatoes Cauliflower Shorthbread with jam	Veal stew Gravy Pasta tricolore Carrots Strawberry cream	Cipolata skewers Gravy Egg-noodle Spätzli Fennel Fruit salad	Roast pork Gravy Mashed potatoes Broccoli Raspberry-yoghurt cream	Fish sticks Rice Peas Cucumber salad Carrot cake	Roast veal shoulder Gravy Spaghetti Mixed salad French dressing Courgettes Pineapple salad	Chicken breast Gravy Potato gratin Spinach Mixed salad French salad dressing Vanilla cream
<b>70-80g protein, potassium defined</b>	Rolled beef Gravy Polenta Cauliflower Pear mus	Veal stew Rosemary sauce Noodles Asparagus Strawberry mousse	Meatloaf with garnish Cream sauce with cognac Egg-noodle Spätzli Carrots Pastry swirls	Roast pork Apple sauce Millet risotto Broccoli Raspberry compote	Pike perch fillet Creamy dill sauce Potato-garden vegetables Bread roll salt reduced Carrot cake	Roast veal shoulder Mustard sauce Pilau rice Courgettes Pineapple salad	Roast corn-fed poulard breast Turmeric sauce Millet Carrots Caramel cream
<b>Diabetes sodium defined</b>	Rolled beef Gravy Polenta Cauliflower Pear mus	Veal stew Rosemary sauce Pasta tricolore Asparagus Strawberry quark cream	Meatloaf with garnish Cream sauce with cognac Egg-noodle Spätzli Carrots Fruit salad	Roast pork Apple sauce Mashed potatoes Broccoli Raspberry-yoghurt cream	Pike perch fillet Creamy dill sauce Potato-garden vegetables Cucumber salad Yeast snail	Roast veal shoulder Mustard sauce Pilau rice Courgettes Pineapple salad	Roast corn-fed poulard breast Turmeric sauce Millet Carrots Panna cotta with fruits of the forest