

# MENU



# Enjoy your meal!



## Dear Patient,

In addition to optimal medical treatment, we also offer you balanced meals based on the latest nutritional and physiological findings.

We have put together a varied selection of dishes for you for breakfast, lunch and dinner, which will spoil you with culinary delights.

An authentic taste and exquisite spices without additives are the hallmarks of our dishes. We do without flavour enhancers, preservatives (with the exception of nitrite curing salt) and artificial colours and flavours in our lunch menus.

Choose your every-day meals from this menu individually according to your taste and preferences.

Enjoy your meal, and get well soon!



# Breakfast

## Arrangements

### The classic

Turkey "Bierschinken" ham, butter cheese, jam (2, 3, 8, g)

### Sweet breakfast

French crescent rolls (aa, c, f, g, hg), jam, honey, nut nougat cream (aa, c, g, hg)

### Cheese breakfast

Butter cheese, Emmental cheese, cream cheese, processed cheese (g)

### Fitness breakfast

Turkey "Bierschinken" ham, cream cheese, honey, portion of muesli (2, 3, 5, 8, 13, aa, ab, ac, ad, ae, g)

Select rolls and bread with it.

## Baked goods

Bread roll (aa, f)  
Multigrain breadroll (aa, ab, ad, f, k)  
Rye roll (aa, ab, g)  
Wholemeal bread (aa, ab)  
Multigrain bread (aa, ab, ad, k)  
Rye-wheat bread (aa, ab)  
White bread (aa, ab)  
Crispbread (aa, ab, ac, g, k)  
Rusk (aa)  
Filinchen wafers (a, g)

## Spread

Butter (g)  
Diet margarine (1)  
Jam, honey  
Nut nougat cream (g, hb)  
Natural quark (g)

## A selection of sausages

Turkey "Bierschinken" ham (2, 3, 8, 13)  
Chicken liver sausage (2, 3, 16)  
"Teewurst" sausage (2, 3, 13, 101)  
Sliced "Kassler" gammon (2, 3, 8, 13, 101)  
Cooked ham (2, 3, 8, 13, 101)  
Poultry salami (1, 2, 3, 13)  
Pork roast with crackling (2, 3, 8, 101)

## A selection of cheeses

Butter cheese (g), Emmental cheese (g), cream cheese (g), processed cheese (g)

## Extras

Yoghurt with fruit (g), natural yoghurt (g), seasonal fruit,  
Muesli (2, 5, aa, ab, ac, ad, ae, g),  
Cornflakes (ac), boiled egg (c) (Sundays only)  
Fruit puree (3)

## Beverages

Ground coffee, decaffeinated coffee, black tea, peppermint tea,  
Chamomile tea, fruit tea, fennel tea, herbal tea, rosehip tea, cold/warm milk (g), cold/warm cocoa (g)



# Lunch

## Beef

**Menu 1:** Balanced diet  
**Delicate marinated pot roast**  
with red cabbage and apple and boiled potatoes (i)

**Menu 2:** Balanced diet  
**Rigatoni al forno**  
Rigatoni in a subtly spicy vegetable ground beef sauce, au gratin with grated Gouda cheese (a, aa, g, i)

## Pork

**Menu 3:** Balanced diet  
**Spicy hamburger steak**  
garnished with peppers and royal pea pods, corkscrew pasta (a, aa, c, i, 3,7)

**Menu 4:** Light balanced diet  
**Königberg meatballs**  
in a delicate caper sauce, with carrot vegetables and mashed potatoes (a, aa, c, g, i)

**Menu 5:** Balanced diet  
**Solyanka**  
Savoury stew with crispy pepper and cucumber strips, cubes of Krakauer sausage and salami (3, 7, g, i, j)

## Poultry

**Menu 6:** Balanced diet  
**"Spinach & tomato" chicken breast fillet**  
in a leaf spinach and cheese sauce refined with tomatoes, and boiled potatoes (g)

**Menu 7:** Light balanced diet  
**Chicken fricassee**  
in a fine sauce with mushrooms, carrot vegetables and long-grain rice (g)

**Menu 8:** Light balanced diet  
**Noodle soup**  
Hearty chicken stock with elbow pasta, carrots, broccoli and chicken (a, aa,c)

## Fish

**Menu 9:** Balanced diet  
**Alaskan pollock fillet**  
Golden-brown, breaded slices of pollock with a spicy Remoulade sauce and parsley potatoes (a, aa, c, d, g,i, j)



# Lunch

## Vegetarian

**Menu 10:** Light balanced diet  
**"Gardener's" omelette**  
filled with white sauce, broccoli, and carrots, mashed potatoes with herbs (a, aa, c, g)

**Menu 11:** Light balanced diet  
**Spinach and potato casserole**  
with a sesame and Gouda cheese gratiné (a, aa, g, n)

**Menu 12:** Balanced diet  
**Spaghetti alla Napoli**  
Short spaghetti with fruity tomato sauce (a, aa, c)

## Vegan

**Menu 13:** Balanced diet  
**Chili sin carne**  
with kidney beans, peppers, tomatoes, corn and white beans, with whole grain rice

**Menu 14:** Light balanced diet  
**Colourful vegetable stew**  
with cubes of potato, broccoli, carrots, kohlrabi, cauliflower, and celery (l)

## Dessert

**Menu 15:** Light balanced diet  
**Rice pudding**  
Rice pudding delicately sprinkled with cinnamon, with fruity sour cherries (g)

## Our choice of components:

### Main components

- Strips of turkey breast in a fruity sauce
- Beef goulash in sauce
- Scrambled eggs (c)
- Grilled cuts of Alaskan pollock fillet (d)

### Vegetables

- Baby carrots
- Creamed spinach (g, i)
- Broccoli florets

### Side dishes

- Potatoes
- Mashed potato
- Pasta (a, aa)
- Long-grain rice
- Filinchen wafers (a, g)

### Sauces

- Brown sauce (i)
- Bright sauce (g)
- Tomato sauce



# Dinner

## Arrangements

### The classic

Turkey "Jagdwurst" hunting sausage, Gouda, processed cheese (2, 3, 8, g, hg)

### Cheese platter

Gouda, Tilsiter, Camembert, processed cheese (g)

### Snack plate

Cooked ham, pork roast with crackling, poultry salami, poultry liver sausage

### Fitness platter

Cooked ham, Gouda, vegetarian pâté, herb quark, Vegetable snack (1, 2, 3, 8, 13, 101, f, g)

Select bread with it.

## Baked goods

Wholemeal bread (aa, ab)  
 Multigrain bread (aa, ab, ad, k)  
 Rye-wheat bread (aa, ab)  
 White bread (aa, ab)  
 Crispbread (aa, ab, ac, g, k)  
 Rusk (aa)  
 Filinchen wafers (a, g)

## Beverages

Ground coffee, decaffeinated coffee, black tea, peppermint tea, chamomile tea, fruit tea, fennel tea, herbal tea, rosehip tea, cold/warm milk (g), cold/warm cocoa (g)

## Spread

Butter (g)  
 Diet margarine (1)  
 Jam, honey  
 Natural quark (g), herb quark (g)  
 vegetarian pâté (1, f)

## Selection of sausages

Turkey "Jagdwurst" hunting sausage with pistachios (2, 3, 8, hg)  
 Poultry liver sausage (1, 2, 3, 8, 13, 16, 101)  
 "Teewurst" sausage (2, 3, 13, 101)  
 Crispy roast (2, 3, 8, 101)  
 Cooked ham (2, 3, 8, 13, 101)  
 Poultry salami (1, 2, 3, 13)  
 Pork slices (2, 3, 8, 13, 101)

## A selection of cheeses

Gouda (g), Tilsiter (g), Camembert (g), cream cheese (g), processed cheese (g)

## Extras

Yoghurt with fruit (g), natural yoghurt (g), Fruit of the season, vegetable snack

### Various changing evening extras:

Herring fillet in tomato sauce (9, 10, d, j),  
 Meat salad (2, c, d, i, j),  
 Chicken salad (2, 10, 16, c, f, i),  
 Egg salad (2, c, f, j), tuna salad (2, c, d)



## Important information regarding our dishes

### Allergen labelling

- (a) Cereals containing gluten
- aa Wheat
- ab Rye
- ac Barley
- ad Oats
- ae Spelt
- af Kamut
- b Crustaceans
- c Eggs
- d Fish
- e Peanuts
- f Soy
- g Milk (including lactose)
- (h) Nuts
- ha Almonds
- hb Hazelnuts
- hc Walnuts
- hd Cashew nuts
- he Pecan nuts
- hf Brazil nuts
- hg Pistachio nuts
- hh Macadamia nuts
- i Celery
- j Mustard
- k Sesame
- l Sulphite/sulphur dioxide
- m Lupin
- n Contains molluscs

### Additives subject to declaration

- 1 Contains colouring agent
- 2 Contains preservative
- 3 Contains antioxidant
- 4 Contains flavour enhancer
- 5 Sulphurised
- 7 Contains nitrite curing salt
- 8 Contains phosphate
- 9 Contains sweetener
- 10 Contains a type of sugar and sweetener
- 13 Packaged in a protective atmosphere
- 16 Contains poultry meat
- 101 Contains pork and gelatine



## Our menu in other languages:



(german)



(polish)



(czech)



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