



SHOPPING LIST

Creamy linguine with shrimps and lemon

Olive oil | sunflower oil | salt & pepper

Endives hotchpotch with bacon

Butter | milk | mustard | salt & pepper

Orzo with pumpkin | spinach and grana padano

Vegetable stock | butter | salt & pepper

Haddock fillet with tomato tapenade

Vegetable stock | olive oil | black balsamic vinegar | salt & pepper

Flatbread pizza with grilled courgette

Olive oil | black balsamic vinegar | salt & pepper

Creamy spinach gratin with fried egg

Olive oil | butter | salt & pepper

Gratinated aubergine with sweet potato purée

Olive oil | vegetable stock cube | honey | red wine vinegar | extra-virgin olive oil | salt & pepper

Greek minced meat dish with penne

Olive oil | salt & pepper

'German steak' patty with caramelised chicory

Olive oil | butter | mustard | white wine vinegar | extra-virgin olive oil | honey | salt & pepper

🍷 Chicken fillet in mustard-cream sauce

Olive oil | butter | vegetable stock | white wine vinegar | mustard | salt & pepper

🍷 Triple-tomato soup with cheese croutons

Vegetable stock cube | olive oil | sunflower oil | honey | salt & pepper

🍷 Italian-style burger

Extra-virgin olive oil | black balsamic vinegar | butter | salt & pepper

★ Pork neck with brussels sprouts and bacon

Butter | mustard | milk | salt & pepper

★ Nile perch with walnut crust

Vegetable stock | olive oil | extra-virgin olive oil | black balsamic vinegar | white balsamic vinegar | butter | salt & pepper

DESSERTS:

French toast of sugar rolls

Granulated sugar | butter

BREAKFASTBOX:

Croissant with matured cheese

Butter

Mango smoothie

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Oatmeal with chocolate

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