

## Menus - ideas for the Pantry

### Soups

Melon soup with garlic  
Vegetable soup with pig meat  
Lemon soup with cream hood  
Garlic soup with roasted white bread cubes  
Curry soup with Sherry

### Fish

Kingfish, rice, salad, fruits of the islands  
Fish soup with Prawns and shells, rice, fruits of the islands  
Tuna fish on vegetable bed, roasting potatoes, salad, water melon  
Tuna fish steaks in tuna / mango sauce, rice, salad  
Sword fish, boiled, rice, tomato salad

### Poultry

Lemon chicken with mango rice, tagliatelle, salad  
Chicken chest in curry sauce, rice, salad  
Chicken legs in garlic tomatosauce, potatoes, salad

### Meat

Lamb chops, potato chips, salad, fruits of the islands  
Steak, roasting potatoes, salad, fruits of the islands  
Ribeye steak, roasting potatoes, salad  
Pork, sweet-sour, rice, salad

### Pasta

Auberginen gratin with shrimps, fruits of the island  
Noodles with fish and sea fruits (Fideua)  
Rice pan with pig/chicken meat, gambas and shells  
Tuna fish spaghetti, tomato salad