



Monday 19-02-2018

Tuesday 20-02-2018

Wednesday 21-02-2018

Thursday 22-02-2018

Friday 23-02-2018

|   | Monday 19-02-2018  | Tuesday 20-02-2018  | Wednesday 21-02-2018   | Thursday 22-02-2018   | Friday 23-02-2018  |
|---|--|---|--|---|--|
| <b>Soup</b>   | Split pea soup<br>Pepper soup (veg)  | Red beetroot & vegetable soup<br>Brussel sprouts soup (veg)   | Thai Tom Kha Kai soup with chicken<br>Carrot cream soup (veg)  | Polish 'zurek' soup<br>Minestrone (veg)   | Country hen soup with noodles and veaigies<br>Fish soup with tomatoes  |
| <b>Live Cooking</b>   | De'luxe beff burger with onion rings and bacon   | Chicken fajitas with crunchy tortilla   | Pork tenderloin with grilled vegetables served on a summer salad   | Pita with grilled chicken and vegetables  | Grilled trout with garlic butter   |
| <b>Main dish</b>  | Pork cutlets in gravy<br>Ground chicken cutlet stuffed with cheese<br>Zucchini stuffed with chicken and vegetables<br>Glazed chicken sticks<br>Curry with chicken and zucchini   | Breaded chicken fillet<br>Pork steak with fried egg<br>Chicken with vegetables<br>Roast of pork in gravy<br>Oriental pork spicy with a hint of citrus   | Pasta carbonara<br>Tender chicken liver with apples & red<br>Pork loin chop<br>Chicken fillet Hawaiian style (with coconut)<br>Sharp wings baked in basil pesto  | Ground chicken cutlet in mushroom sauce<br>Tortilla with pork<br>Honey & mustard chicken leg<br>Chicken tenderloins in sweet and sour<br>Spicy ginger pork  | Ribs in the glaze of sweet chillies<br>Chicken fillet steamed a 'la capresse<br>Peppers stuffed with meat and rice<br>Pasta with chicken and broccoli<br>#N/D!   |
|  <b>Fit dish</b>   | Chicken fillet steamed a 'la capresse (mozzarella, basil, tomato)  | Pork chop baked with beans  | Steamed poultry with green beans in mint sauce   | Steamed turkey with vegetables  | Steamed nototenia in herbs   |
| <b>Fish</b>   | Pollock fish with fried onion and cheese<br>Tilapia in curry batter  | Cod breaded with sesame<br>Hoki fish with tomato and green pesto  | Fish balls in dill sauce<br>Fish baked with vegetables   | Breaded tilapia<br>Hoki roulade with vegetables on mushroom   | Grilled hake marinated in herbs<br>Breaded pollock stuffed with spinach  |
| <b>Vegetarian and vegan</b>   | Batatas baked with rosemary (veg)<br>Gnocchi in spinach sauce (veg)<br>Fried Rice With Vegetables<br>Eggplant with bean and chili paste (veg)<br>White bean and veggies cutlets (veg)  | Zucchini & vegetable gratin (veg)<br>Tagiatelle with pumpkin and mushrooms (veg)<br>Chinese pasta (veg)<br>Oriental chickpeas with onions, tomatoes<br>Potato&vegetable fritters (veg)  | Vegetable cutlets (veg)<br>Baked aubergine with zucchini and tomato (veg)<br>Fried Tom Yum rice<br>Tofu in black pepper sauce (veg)<br>Pancakes with spinach and egg under cheese (veg)  | Pasta d'la bolognese with lentil and veggies (veg)<br>Pumpkin fritters (veg)<br>Oriental pasta with vegetables (veg)<br>Vegetables in tempura (veg)<br>Lasagne with spinach & pumpkin (veg)   | Chickpeas & batatas cutlet (veg)<br>Breaded cheese (veg)<br>Rice with egg in oyster sauce (veg)<br>Oriental pancakes with vegetables (veg)<br>Dove with buckwheat groats, lentils, and curd in mushroom sauce  |
|  <b>Vegetables</b> | Curds with raisins<br>Spinach<br>Carrots and peas<br>Mushrooms in cream<br>Broccoli with sunflower seeds<br>String beans mix<br>Mini carrots with sesame seeds   | Apples in a biscuit batter<br>Spinach<br>Carrot with peas and pumpkin<br>Cooked beetroot (veg)<br>Mixed vegetables<br>String beans mix<br>Brussels sprouts  | Banana in batter<br>Spinach<br>Carrots and peas<br>Mushrooms in cream<br>Broccoli with sunflower seeds<br>Yellow beans with breadcrumbs<br>Cauliflower with garlic, parsley & crumbs   | Rice pancakes with apple and banana<br>Spinach<br>Carrots and peas<br>Fried red cabbage<br>Brussels sprouts<br>String beans mix<br>Mix of steamed vegetables  | Pancakes With Apple<br>Spinach<br>Carrot with peas and pumpkin<br>Cooked beetroot (veg)<br>Broccoli with sunflower seeds<br>String beans mix<br>Mini carrots with sesame seeds   |
| <b>Dumplings</b>  | Pierogies with white cheese&potato<br>Mexican dumplings with meat  | Pierogies stuffed with spinach<br>Pierogies with cheese, potato, bacon and onion  | Pierogies stuffed with meat<br>Pierogies with white cheese&potato  | Pierogies stuffed with cabbage<br>Pierogies with spicy potato&cheese filling  | Pierogies with white cheese&potato<br>Zepelins with meet   |
| <b>Others</b>   | Dumplings<br>Boiled potatoes<br>Potatoes roasted with rosemary<br>French fries<br>Yellow rice with vegetables<br>Buckwheat<br>Honey barley with green peas   | Dumplings<br>Potato puree with onion and bacon<br>Roast potatoes<br>Roast potatoes<br>French fries<br>Rice with carrots and peas<br>Barley<br>Bulgur grits with dried tomatoes and parsley  | Dumplings<br>Potatoes from water with dill butter<br>Roast potatoes with garlic and marjoram<br>French fries<br>Wild rice<br>Buckwheat with onion<br>Lentils with peppers  | Spinach dumplings<br>Mashed potatoes<br>Roast potatoes<br>French fries<br>Rice with veaetables<br>Bulgur grits in Turkish<br>Couscous with vegetables   | Dumplings<br>Boiled potatoes<br>Potatoes fried with vegetables<br>French fries<br>Rice with carrots and peas<br>Millet groat<br>Barley groats with mushrooms and onions  |
| <b>Salad</b>  | Beetroot salad with onion<br>White cabbage, pickled pepper, carrot and<br>Carrot and oranges salad<br>Chinese cabbage & sprouts salad<br>Sour cucumber salad<br>Broccoli and cauliflower salad with mayonnaise<br>Sauerkraut salad<br>Leek and corn salad                      | Beetroot salad with sunflower seeds<br>Red cabbage slaw<br>Carrot & apple salad<br>Peking cabbage salad<br>Pickled cucumber, pepper and red onion salad<br>Broccoli and cauliflower salad with mayonnaise<br>Red cabbage and apple salad<br>Tomatoes in cream | Beetroot salad with onion<br>White cabbage with leek,apple and carrot<br>Carrot, peach and apple salad<br>Chiense cabbage with kale, cucumber and chive<br>Sour cucumber salad<br>Broccoli and cauliflower salad with mayonnaise<br>Celery salad<br>Redish with coconut milk | Beetroot salad with sunflower seeds<br>White cabbage salad withcorn, dill and<br>Carrots and raisins salad with orange note<br>Peking cabbage salad<br>Pickled cucumber, pepper and red onion salad<br>Broccoli and cauliflower salad with mayonnaise<br>Red cabbage salad, mayonnaise and garlic<br>Sauerkraut salad | red beetroot, chickpeas and nuts salad<br>White cabbage salad with dill<br>Carrot & apple salad<br>Peking cabbage & arugula salad<br>Pickled cucumber & onion salad<br>Broccoli and cauliflower salad with mayonnaise<br>Red cabbage and apple salad<br>Salad with green beans, blue cheese and nuts |
| <b>Salad</b>  | Noodle salad<br>Salad with tomato and broccoli with curry sauce and cheese<br>Rocket salad, pomegranate, cherry tomatoes and typu typu fata cheese<br>Salad with fried salami, tomatoes, pickled peppers, corn and cheese<br>Lettuce, radish and cucumber salad<br>Fruit salad | Spicy devil's salad<br>Chicken Salad<br>Spinach, rocket salad, pear and black sesame<br>Agurula and avocado salad<br>Italian salad (basil, tomato, celery, mint)<br>Fruit salad   | Caprese salad<br>Broccoli slad with egg<br>Mixed vegetable salad with vinaigrette dressina<br>Cesar spinach with broccoli<br>Greek salad<br>Fruit salad  | Rukola, cocktail tomato, mozzarella<br>Salad with broccoli and typu typu feta cheese<br>Chickpeas salad with dried tomatoes<br>Salad with green beans and nuts<br>Fruit salad   | Bulgur salad with chickpeas, kale, pepper and corn<br>O Marine salad with tuna<br>Salad with smoked chicken and orange<br>Salad with surimi<br>Salad mix (corn, pepper, tomato, cucumber).<br>Fruit salad  |