




Monday 15-10-2018

Tuesday 16-10-2018

Wednesday 17-10-2018

Thursday 18-10-2018

Friday 19-10-2018

	Monday 15-10-2018	Tuesday 16-10-2018	Wednesday 17-10-2018	Thursday 18-10-2018	Friday 19-10-2018
Soup	Bean soup Mushroom soup (veg)	Tripe soup with tomatoes Cauliflower soup (veg)	Polish 'zurek' soup Pumpkin cream soup with coconut milk and chilli flakes	Neapolitana soup with gnocchetti (vea) Vegetable soup (veg)	Broth with noodles Spicy fish soup a'la puntanesca
Live Cooking	Pita with grilled chicken and vegetables	#ADR!	Beef burger with blue cheese, tomato and onion	#ADR!	Baltic cod grilled with lemon butter sauce on lettuce
Main dish	Rigatoni with ground pork Breaded chicken breast Hungarian pork goulash with black pepper Chicken leg Spanish style with olives and Thai pork with mushrooms and paprika	Chicken gyros with vegetables and cheese Pork cutlets in gravy Chicken liver with onions and pear Enchilada with pork and vegetables Chicken in coconut milk	Penne carbonara Chicken fillet with almonds Roasted pork in mustard sauce Chicken rolls stuffed with pumpkin & typu Chicken with Thai basil	Ground chicken cutlet stuffed with cheese Fusilli with bacon, mushrooms and tomato Pork ribs in sweet & sour sauce Chicken shank baked with pineapple and Sweet and spicy pork	Chicken strips Pork loin chop stuffed with sausage in Chicken cutlets with vegetables Pork meatballs in tomato sauce Chicken in tandori curry sauce
 Fit dish	Boiled chicken breast stuffed with zucchini	Turkey rolls with beans and sesame seeds	Peppers stuffed with meat and rice	Steamed chicken fillet with pumpkin paste, ginger and almonds	Pork loin with roasted pumpkin, zucchini and carrot
Fish	Breaded cod Hoki fish in pepper batter	Breaded tilapia fish with pumpkin seeds Hake in panko	Fish balls with lemon sauce Breaded hoki fish with sesame seeds	Pollock fish in curry batter Ground fish cutlets	Cod breaded with sesame Breaded hok fish with tomato and cheese
 Vegan	Chickpeas and pumpkin curry with potatoes and coriander (veg)	Sweet potato stuffed with vegetables and coriander (veg)	Chickpea meatballs with kale (vegan)	Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (vegan)	Paella with vegetables (vegan)
 Vegetarian	Gnocchetti with tomatoes, zucchini and green peas (veg) Chickpeas and pumpkin curry with potatoes and coriander (veg) Chinese pasta (veg) Spring Rolls With Vegetables (veg) Vegetable fritters with sunflower seeds (veg)	Green vegetarian cutlets of peas (veg) Sweet potato stuffed with vegetables (vegan) Fried Rice With Vegetables (veg) Oriental pancakes with vegetables (veg)	Batatas baked with rosemary (vegan) Chickpea meatballs with kale (vegan) Oriental pasta with vegetables (veg) Fried tofu in sriracha (spicy) sauce (veg) O Pumpkin fritters (veg)	Barley with green peas Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (vegan) Rice with egg in oyster sauce (veg) Sweet sour tofu with vegetables (vegan) Cutlets with buckwheat and spinach with garlic dip (veg)	Noodles with fried cabbage (veg) Paella with vegetables (vegan) Rice noodles with vegetables (veg) Vegetables in tempura (veg) Enchilada with kale, veggies and cheese (veg)
Vegetables	Apples in a biscuit batter Spinach Carrot with peas and pumpkin Mushrooms in cream Broccoli with sunflower seeds String beans mix Mix of steamed vegetables	Cheese pancakes with raisins and nuts Spinach Fried cabbage with bacon Cooked beetroot (veg) Mixed vegetables Green string beans with garlic and bread crumbs Brussels sprouts	Banana in a pancake batter Spinach Carrots and peas Mushrooms in cream Broccoli with sunflower seeds Yellow beans with breadcrumbs Cauliflower with garlic, parsley & crumbs	Pancakes With Apple Spinach Carrot with peas and pumpkin Fried cabbage Brussels sprouts String beans mix Mix of steamed vegetables	Coconut chops with millet Spinach Carrots and peas Cooked beetroot (veg) Broccoli with sunflower seeds String beans mix Mini carrots with sesame seeds
Dumplings	Pierogies with white cheese&potato Pierogies stuffed with meat Dumplings	Pierogies with white cheese&potato Pierogies with cheese, potato, bacon and onion Dumplings	Pierogies with white cheese&potato Pierogies stuffed with spinach and typu feta Dumplings	Pierogies with white cheese&potato Pierogies with spicy potato&cheese filling Spinach dumplings	Pierogies with white cheese&potato Zeppelins with meet Dumplings
Others	Boiled potatoes Potatoes roasted with rosemary French fries Yellow rice with vegetables Buckwheat Couscous with vegetables	Potatoe puree with onion Roast potatoes French fries Rice with carrots and peas Barley Bulgur grits in Turkish	Potatoes from water with dill butter Roast potatoes with garlic and marjoram French fries Wild rice Buckwheat with onion Lentils with peppers	Potato puree with onion and bacon Roast potatoes French fries Rice with vegetables Bulgur grits in Turkish Couscous with vegetables	Boiled potatoes Potatoes fried with vegetables French fries Rice with carrots and peas Honey barley with green peas Barley groats with mushrooms and onions
Salad	Beetroot salad with onion White cabbage salad with dill Carrot and oranges salad Chinese cabbage & sprouts salad Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Sauerkraut salad Tomatoes in cream	Beetroot salad with sunflower seeds Red cabbage slaw Carrot & apple salad Sauerkraut salad Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Red cabbage and apple salad Cucumber salad with sour cream	Beetroot salad with onion Young cabbage with carrot, apple and dill Carrot, peach and apple salad Chienese cabbage with kale, cucumber and chive Broccoli and cauliflower salad with mayonnaise Celery salad Tomatoes in cream	Beetroot salad with sunflower seeds White cabbage salad with corn, dill and Carrots and raisins salad with orange note Sauerkraut salad O Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Red cabbage salad, mayonnaise and garlic Cucumber salad with sour cream	red beetroot, chickpeas and nuts salad White cabbage with leek,apple and carrot Carrot & apple salad Peking cabbage & arugula salad Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Red cabbage and apple salad Salad with green beans, blue cheese and nuts
Salad	Rhodos salad Bulgur salad with chickpeas, kale, pepper and corn Fruit salad	Cesar spinach with broccoli Moroccan couscous salad Fruit salad	Greek salad Salad with tandori chicken Fruit salad	Broccoli and cauliflower salad with mayonnaise Noodle salad Fruit salad	Salad with tuna Salad of cherry tomatoes and rucola Fruit salad