

MEET & EAT.

Bistro and more

MENU 8 week

menu www.meet-and-eat.pl

Monday 18-02-2019

Tuesday 19-02-2019

Wednesday 20-02-2019

Thursday 21-02-2019

Friday 22-02-2019

	Monday 18-02-2019	Tuesday 19-02-2019	Wednesday 20-02-2019	Thursday 21-02-2019	Friday 22-02-2019
Soup	Sauerkraut soup Mushroom soup (veg)	Split pea soup Tomato cream soup (veg)	Polish 'zurek' soup Oyster tripe soup (veg)	Bean soup Carrot cream soup with ginger, cardamon and coconut milk (veg)	Broth with noodles Red lentil dahl soup (veg)
Live Cooking	Pork sirloin with thickly cut vegetables (spicy)	Honey oriental chicken with nuts	Hamburger with cheddar cheese, cucumber, red onion, lettuce and tomato	Grilled chicken fillet with chanterelle sauce with rucola and tomato	Trout stuffed with spinach and sun-dried tomatoes
Main dish	Breaded chicken fillet Pork cutlets in gravy Spicy sambal chicken sticks Penne carbonara Chicken with pineapple and corn on the cob	Pork stew with zucchini, peppers and mushrooms Pancakes stuffed with chicken and broccoli Ground pork cutlet in mushroom sauce Enchilada with chicken and beans Pork with man mushrooms	Chicken strips Roast pork in herb gravy Whole grain pasta with boiled chicken, zucchini and cherry tomatoes Chili con carne with bitter chocolate and fresh Sweet and spicy chicken	Rigatoni with ground pork Chicken liver with onions and pear Pork loin chop Chicken drumstick baked with tomato and olive Thai pork with mushrooms and paprika	Chicken fillet coated with cornflakes Pork ribs with jerk sauce Glazed BBQ wings Knuckle braised in beer Foultory loins in sweet and sour sauce
fit	Fit dish Steamed turkey with vegetables	Chicken roulades with string beans and sesame seeds	Roasted pork loin with broccoli and sesame seeds	Steamed filet with beetroot and white cheese	Zucchini stuffed with chicken and vegetables
Fish	Breaded cod Pollock in pepper batter	Breaded tilapia Hake with zucchini & tomato baked under cheese	Ground fish cutlets Breaded hoki fish	Spicy panfried mackrel Tilapia a`la caprese	Cod in broccoli cake Breaded hake fish
VEGAN	Vegan Aromatic Thai curry with cauliflower (veg)	Chickpeas falafel with pepper & tomato sauce (veg)	Eggplant Egyptian style (veg)	Chickpeas & tomatoes goulash (veg)	Vegetable risotto with fresh herbs (vegan)
VEGETARIAN	Vegetarian Barley with green peas Aromatic Thai curry with cauliflower (veg) Chinese pasta (veg) Spring Rolls With Vegetables (veg) Millet cutlets with spinach and sunflower seeds (veg)	Vegetable fritters with garlic dip (veg) Chickpeas falafel with pepper & tomato sauce (veg) Fried Rice With Vegetables (veg) Vegetables in Chinese with tofu (veg) Buckwheat risotto with sun-dried tomatoes, mushrooms and parsley (veg)	Frittata with vegetables (veg) Eggplant Egyptian style (veg) Soy noodles with pak choi (veg) Pad preaw wan with chickpeas (veg) Courgette lecho with fresh tomato (vegan)	Chops with red cabbage and carrots (veg) Chickpeas & tomatoes goulash (veg) Fried Rice With Vegetables (veg) Oriental chickpea Kung Pao (veg) Red beans and sweet potato goulash (veg)	Cheese coated in panko Vegetable risotto with fresh herbs (vegan) Chinese pasta (veg) Aubergine breaded (veg) Pasta in cheese sauce with sunflower and spinach (veg)
Vegetables	Curds with raisins Spinach Carrot with peas and pumpkin Mushrooms in cream Broccoli with sunflower seeds String beans mix Mix of steamed vegetables	Lazy Dumplings Spinach Fried cabbage with bacon Cooked beetroot (veg) Mixed vegetables Green string beans with garlic and bread crumbs Brussels sprouts	Banana in batter Spinach Carrots and peas Mushrooms in cream Broccoli with sunflower seeds Yellow beans with breadcrumbs Cauliflower with garlic, parsley & crumbs	Pancakes on kefir with fruit 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 Boiled potatoes Potatoes roasted with rosemary	Pierogies with white cheese&potato Pierogies with spicy potato&cheese filling Dumplings Potatoe puree with onion Roast potatoes	Pierogies with white cheese&potato Dumplings with spinach and typu feta Silesian dumplings with mushroom sauce Potatoes from water with dill butter Roast potatoes with garlic and marjoram	Pierogies with white cheese&potato Dumplings with broccoli Spinach dumplings Potato puree with onion and bacon Roast potatoes	Pierogies with white cheese&potato Zeppelins with meat Dumplings Boiled potatoes Potatoes fried with vegetables
Others	French fries Rice with vegetables Buckwheat Couscous with vegetables	French fries Rice with carrots and peas Barley Bulgur grits in Turkish	French fries Wild rice Buckwheat with onion Lentils with peppers	French fries Rice with vegetables Bulgur grits in Turkish Couscous 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 Leek and corn salad	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 Leek and apple salad	Beetroot salad with onion Young cabbage with carrot, apple and dill Carrot, peach and apple salad Chienese cabbage with kale, cucumber and chive Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Celery salad Leek salad	Beetroot salad with sunflower seeds White cabbage salad with corn, dill and mayonnaise Carrots and raisins salad with orange note Sauerkraut salad Pickled cucumber & onion salad Broccoli and cauliflower salad with mayonnaise Red cabbage salad, mayonnaise and garlic Leek and peas salad	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 Leek and radish salad
Salad	Salad with crab sticks and celery Mexican salad with chicken Fruit salad	Spicy devil's salad Salad of cherry tomatoes and rucola Fruit salad	Greek salad Lamb's lettuce with chickpeas, cherry tomatoes and egg Fruit salad	Caesar salad (egg, croutons) Salad with broccoli, radishes and corn with yogurt sauce Fruit salad	Caprese salad Gyros salad Fruit salad