

Monday 16-07-2018

Tuesday 17-07-2018

Wednesday 18-07-2018

Thursday 19-07-2018

Friday 20-07-2018

Soup

Tomato soup with noodles  
Sorrel soup with spinach (veg)

Polish 'zurek' soup on homemade sourdough  
Pumpkin cream soup with coconut milk and chilli flakes

Bean soup  
Vegan curry soup with kale (veg)

Red beetroot & vegetable soup  
Young onion soup with cream and cottage cheese (veg)

Mexican soup  
Young red beetroot soup (veg)

Live Cooking

Noodle panang curry with chicken and peanuts

Pulled pork in butter roll with BBQ strawberry sauce

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Tagliolini black with pork tenderloin and cream and mushroom sauce

Baltic cod grilled with lemon butter sauce on lettuce

Main dish

Hungarian pork stew  
Breaded chicken breast

Chicken cutlets with vegetables  
Pork chop in basil aravy

Pork loin chop in oatmeal  
Chicken Guros with onions, mushrooms and peppers  
Chili con carne with bitter chocolate and fresh

Chicken meatballs in a cream sauce with vegetables  
Enchilada with pork and vegetables

Pork cutlets in gravy  
Ground chicken cutlets

Rigatoni with ground pork  
Chicken with broccoli and peppers  
Thai pork with green beans

Chicken shank baked with red onions  
Penne carbonara  
Curry with chicken, pumpkin and kale

coriander  
Chicken strips  
Pork barbecue with broccoli stir-fry

Chicken fillet coated in sesame seeds  
Breton beans in tomato sauce  
Chicken liver in Teruaki sauce with oyster mushroom

Pork steak with onion, mushrooms and parsley  
Glazed BBQ wings  
Oriental ribs in aniseed marinade



Fit dish

Fit chicken fillet with steamed vegetables and green rice

Pork loin with green string beans

Zucchini stuffed with chicken and vegetables

Turkey with beetroot and white cheese

Boiled chicken breast stuffed with zucchini

Fish

Pollock fish in curry batter  
Tilapia in panko

Cod breaded with sesame  
Hoki fish in lemon herb crust

Fish balls with lemon sauce  
Hake in pepper bater

Tilapia in herb batter  
Breaded pollock stuffed with spinach

Cod baked with cheese & broccoli paste  
Crispy rockcod



Vegan

Spicy batatas with Brussel sprouts (vegan)

Hungarian lecho (vegan)

Roasted cauliflower in tomatoes (vegan)

Pumpkin risotto with sage and cinnamon (vegan)

Millet burgers with spinach (vegan)



Vegetarian

Barley with green peas

Gnocchetti with tomatoes, zucchini and green peas (veg)

Buckwheat risotto with sun-dried tomatoes, mushrooms and parsley (veg)

Pasta with mushroom sauce (veg)

Tortilla cake with vegetables (veg)

Spicy batatas with Brussel sprouts (vegan)

Hungarian lecho (vegan)

Roasted cauliflower in tomatoes (vegan)

Pumpkin risotto with sage and cinnamon (vegan)

Millet burgers with spinach (vegan)

Rice with egg in oyster sauce (veg)

Chinese pasta (veg)

Fried Rice with Vegetables (veg)

Soy noodles with pak choy (veg)

Rice fried in wok (veg)

Spring Rolls With Vegetables (veg)

Vegetables in tempura (vega)

Phad thai with tofu (veg)

Chickpeas in curry sauce with zucchini and peppers

Sweet sour tofu with vegetables (vegan)

Mexican enchilada with lentils and vegetables ( veg )

White bean and veggies cutlets (veg)

Spinach lasagne (veg)

Pancakes with vegetables baked with cheese (veg)

Cauliflower & ginger cutlets with sesame (veg)

Vegetables

Yeast Pancakes With Apples

Gnocchi in raspberry sauce

Banana in batter

Rice pancakes with apple and banana

Coconut chops with millet

Spinach

Spinach

Spinach

Spinach

Spinach

Carrot with peas and pumpkin

Blanched young cabbage with dill

Carrots and peas

Carrot with peas and pumpkin

Carrots and peas

Mushrooms in cream

Cooked beetroot (veg)

Mushrooms in cream

Young cabbage fried with bacon

Cooked beetroot (veg)

Broccoli with sunflower seeds

Mixed vegetables

Broccoli with sunflower seeds

Brussels sprouts

Broccoli with sunflower seeds

String beans mix

Green string beans with garlic and bread crumbs

Yellow beans with breadcrumbs

String beans mix

String beans mix

Mix of steamed vegetables

Brussels sprouts

Cauliflower with garlic, parsley & crumbs

Mix of steamed vegetables

Mini carrots with sesame seeds

Dumplings

Pierogies with white cheese&potato

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Pierogies with white cheese&potato

Pierogies stuffed with meat

Pierogies with cheese, potato, bacon and onion

Pierogies stuffed with spinach and typu feta

Dumplings with lentils and cheese in mushroom sauce

Zeppelins with meat

Dumplings

Dumplings

Dumplings

Spinach dumplings

Dumplings

Boiled potatoes

Boiled new potatoes

Boiled new potatoes

Boiled new potatoes

Boiled potatoes

Others

Potatoes roasted with rosemary

Roast potatoes

Roast potatoes with garlic and marjoram

Roast potatoes

Potatoes fried with vegetables

French fries

French fries

French fries

French fries

French fries

Yellow rice with vegetables

Rice with carrots and peas

Wild rice

Rice with vegetables

Rice with carrots and peas

Buckwheat

Barley

Buckwheat with onion

Bulgur grits in Turkish

Honey barley with green peas

Couscous with vegetables

Bulgur grits in Turkish

Lentils with peppers

Couscous with vegetables

Barley groats with mushrooms and onions

Salad

Beetroot salad with onion

Beetroot salad with sunflower seeds

Beetroot salad with onion

Beetroot salad with sunflower seeds

red beetroot, chickpeas and nuts salad

Young cabbage with radish

Red cabbage slaw

Young cabbage with carrot, apple and dill

White cabbage salad with corn, dill and mayonnaise

Young cabbage with carrot and zucchini

Carrot and oranges salad

Carrot & apple salad

Carrot, peach and apple salad

Carrots and raisins salad with orange note

Carrot & apple salad

Chinese cabbage & sprouts salad

Sauerkraut salad

Chienese cabbage with kale, cucumber and chive

Sauerkraut salad

Peking cabbage & arugula salad

Broccoli and cauliflower salad with mayonnaise

Broccoli and cauliflower salad with mayonnaise

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Broccoli and cauliflower salad with mayonnaise

Sauerkraut salad

Red cabbage and apple salad

Celery salad

Red cabbage salad, mayonnaise and garlic

Red cabbage and apple salad

Leek and corn salad

Cucumber salad with sour cream

Tomatoes in cream

Cucumber salad with sour cream

Salad with green beans, blue cheese and nuts

Mexican salad

Salad with cauliflower and broccoli

Greek salad

Lamb's lettuce with chickpeas, cherry tomatoes and egg

Salad with tuna

Spinach, rocket salad, pear and black sesame

Cesar spinach with broccoli

Salad with surimi, pineapple and celery

Chicken fajitas salad with peppper

Spicy devil's salad

Rhodos salad

Moroccan couscous salad

Rocket salad, pomegranate, cherry tomatoes and typu feta cheese

Italian salad (basil, tomato, celery, mint)

Mellon, pear & lettuce salad

Bulgur salad with chickpeas, kale, pepper and corn

Mozarella salad with red currants

Salad with tandori chicken

Pasta salad with broccoli

Roasted zucchini salad with typu typu feta cheese, tomato and red onion

Avocado, pomegranate and pork

Lettuce, radish and cucumber salad

Leek, ham and celery salad

Fruit salad

O Salad of cherry tomatoes and rucola

Fruit salad

Fruit salad

Fruit salad

Fruit salad

Fruit salad