



# MEET & EAT.

Bistro and more

## MENU 22 week

menu [www.meet-and-eat.pl](http://www.meet-and-eat.pl)

	Monday 27-05-2019	Tuesday 28-05-2019	Wednesday 29-05-2019	Thursday 30-05-2019	Friday 31-05-2019
<b>Soup</b>	Lithuanian cold vohurt and young beetroot soup Goulash soup with beans	Mushroom soup Minestrone (veg)	Gypsy style soup with sausage Parsley & peas cream soup with kale and wholegrain croutons (veg)	Thai Tom Kha Kai soup with chicken Tomato soup with noodles (veg)	Broth with noodles Young red beetroot soup (veg)
<b>Live Cooking</b>	Gnocchetti, pork tenderloin, peas, garlic, thyme, olive oil Enchilada with chicken in spicy cheese sauce Pork chops in a spinach cream sauce	Grilled chicken fillet with chanterelle sauce with rucola and tomato Chilli con carne with beans, paprika & corn Spicy Buffalo wings	Burger with pulled beef Chicken fillet baked with salami and broccoli Croquette stuffed with meat and cheese	Indian butter chicken with rice and fresh coriander Eggplant stuffed with meat and vegetables Fenne with chicken in mushroom sauce	Trout stuffed with spinach and sun-dried tomatoes Breaded chicken fillet Hungarian pork stew
<b>Main dish</b>	Breaded chicken fillet Pork steak with onion, mushrooms and parsley Turkey with zucchini	Pork loin chop Pasta with chicken, zucchini, dried tomatoes and Oriental pork with lemon grass	Spicy chicken with chilli Pork cutlets in gravy Bacon with Thai basil	Pork ribs glazed Chicken strips Curry with chicken, sweet potatoes, colorful peppers	Chicken liver with onions and apples Ground chicken cutlet in dill sauce Oriental pork spicy with a hint of citrus
 <b>Fit dish</b>	Pork roulade with peas and carrots	Chicken fillet with blackcurrant sauce	Grilled turkey with vegetables	Pork loin with vegetables	Steamed pork loin stuffed with asparagus and paprika
<b>Fish</b>	Breaded cod Hoki fish in broccoli batter	Tilapia in panko Fried fish with tomatoes	Fishballs with peanuts Breaded pollock with cheese	Grilled mackerel in lemon flavor Breaded cod	Breaded hoki fish Ground fish cutlets with broccoli
 <b>Vegan</b>		Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (veg)	Asparagus and cheese risotto and tomato (vegan)	Courgette lecho with fresh tomato (vegan)	Millet meatballs with dried tomato (vegan)
 <b>Vegetarian</b>	Gnocchi with sun-dried tomatoes, spinach and parmesan cheese (veg) Chinese pasta (veg) Sweet sour tofu with vegetables (veg) Spring rolls curry (veg) Vegetable fritters with sunflower seeds (veg)	Spagetti with broad beans, tomatoes and arugula (veg) Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (veg) Rice with egg in oyster sauce (veg) Spring rolls curry (veg) Breaded cheese (veg)	Barley risotto with zucchini and mushrooms (veg) Asparagus and cheese risotto and tomato (vegan) Oriental pasta with vegetables (veg) Vegetables in Chinese with tofu (veg) Lasagne with spinach & pumpkin (veg)	Falafel with groats and sunflower seeds Courgette lecho with fresh tomato (vegan) Fried rice with vegetables (veg) Zucchini stuffed in Chinese (veg) Tortilla with vegetables (veg)	Buckwheat cutlets with vegetables (veg) Millet meatballs with dried tomato (vegan) Oyster mushrooms with rice noodles (veg) #N/D! Pasta with broad beans pesto with tomatoes and mint (veg)
<b>Vegetables</b>	Yeast Pancakes With Apples Spinach Carrot with peas and pumpkin Mushrooms in cream Broccoli with sunflower seeds String beans mix Mix of steamed vegetables	Curds with raisins 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	Gnocchi in strawberry sauce 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
<b>Dumplings</b>	Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Pierogies with spicy potato&cheese filling	Pierogies with white cheese&potato Pierogies stuffed with spinach and typu feta	Pierogies with white cheese&potato Indian dumplings with garam masala and peas potatoes	Pierogies with white cheese&potato Zeppelins with meat
<b>Dumplings</b>	Dumplings Boiled potatoes Potatoes roasted with rosemary	Dumplings Potatoe puree with onion Roast potatoes	Silesian dumplings with mushroom sauce Potatoes from water with dill butter Roast potatoes with garlic and marjoram	Kale dumplings Potato puree with onion and bacon Roast potatoes	Dumplings Boiled potatoes Potatoes fried with vegetables
<b>Others</b>	French fries Yellow rice Buckwheat Couscous with vegetables	French fries Rice Barley Bulgur grits in Turkish	French fries Wild rice Buckwheat with onion Lentils with peppers	French fries Rice Bulgur grits in Turkish Couscous with vegetables	French fries Rice with vegetables Honey barley with green peas Barley groats with mushrooms and onions
<b>Salad</b>	Beetroot salad with onion Young cabbage with radish 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 salad with cranberry Sauerkraut salad Cucumber salad in sweet and sharp glaze Broccoli and cauliflower salad with mayonnaise Red cabbage and apple salad Kohlrabi salad with peppers	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 Coleslaw with broccoli and leek Carrot & apple salad Sauerkraut salad Cucumber salad in sweet and sharp glaze Broccoli and cauliflower salad with mayonnaise Red cabbage salad, mayonnaise and garlic Kohlrabi salad with peppers	red beetroot, chickpeas and nuts salad Young cabbage with leek, corn and parsnip 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
<b>Salad</b>	Rhodos salad Italian salad (basil, tomato, celery, mint) Fruit salad	Lettuce, radish and cucumber salad Salad of cherry tomatoes and rucola Fruit salad	Greek salad Rocket salad with oranges, nuts and honey sauce Fruit salad	Lettuce, radish and cucumber salad Bulgur salad with chickpeas, kale, pepper and corn Fruit salad	Salad with cauliflower and broccoli Salad with baked pumpkin, spinach, gorgonzola and pumpkin seeds Fruit salad