

MEET & EAT.

Bistro and more

MENU 25 week

menu www.meet-and-eat.pl

	Monday 17-06-2019	Tuesday 18-06-2019	Wednesday 19-06-2019	Thursday 20-06-2019	Friday 21-06-2019
Soup	Cucumber and mint cold yoghurt soup (veg) Polish 'zurek' soup on homemade sourdough	Celeriac cream soup with blue cheese & thyme (veg) Millet soup on smoked pork	Cold yoghurt & beetroot soup Split pea soup		
Live Cooking	Penne wholemeal, chicken, broccoli, tomato cocktail, cream, white wine, artichokes	Kung pao chicken with rice and coriander	Beef burger with fried slice of bacon, smoked cheese, onion and sauce remoulade		
Main dish	Breaded chicken fillet with sesame Pork meatballs in tomato sauce Pasta with asparagus and chicken in cream sauce Pork tortilla with garlic sauce and vegetables Oriental lemon and ginger chicken	Riaatoni with ground pork Chicken leg in lemon-honey marinade Roasted pork in gravy with prunes Chicken liver with onions and apples Thai pork with green beans	Chicken strips Pork cutlets in gravy Chicken shank baked with zucchini and capers Ribs in sweet and sour grazed with orange and garlic Sweet-sour chicken		
 Fit dish	Steamed pork loin with dried tomato paste and olive oil	Delicate roasted chicken breast in sesame stuffed with broccoli	Turkey with lemon sauce		
Fish	Breaded cod Pollock in crispy breading	Tilapia in dough with dried tomatoes and herbs Hoki fish in pepper batter	Hake with fried onion baked under cheese Sweet-sour meatballs		
 Vegan	Courgette, mix peppers & beans lecho (veg)	Vegetable risotto with fresh herbs (vegan)	Sicilian caponata with aubergine, tomatoes, celery, olives and capers		
 Vegetarian	Barley with green peas Courgette, mix peppers & beans lecho (veg) Chinese pasta (veg) Sweet sour tofu with vegetables (veg) Vegetable fritters with sunflower seeds (veg)	Pancakes with broccoli and cheese (veg) Vegetable risotto with fresh herbs (vegan) Rice with egg in oyster sauce (veg) Eggplant with bean and chili paste (veg) Salmon & potato fritters with sour cream (veg)	Pasta with broad beans pesto with tomatoes and mint (veg) Sicilian caponata with aubergine, tomatoes, celery, olives and capers Oriental pasta with vegetables (veg) Spring Rolls With Vegetables (veg) Stuffed tomatoes		
Vegetables	Pancakes With Apple Spinach Carrot with peas and pumpkin Mushrooms in cream Broccoli with sunflower seeds String beans mix Mix of steamed vegetables	Cheese pancakes with apple Spinach Fried cabbage with bacon Cooked beetroot (veg) Mixed vegetables Green string beans with garlic and bread crumbs Brussels sprouts	Chocolate pancakes with cheese and raspberries Spinach Carrots and peas Mushrooms in cream Broccoli with sunflower seeds Yellow beans with breadcrumbs Cauliflower with garlic, parsley & crumbs		
Dumplings	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 tyfu feta Silesian dumplings with mushroom sauce		
Others	Boiled potatoes Potatoes roasted with rosemary French fries Yellow rice Buckwheat Couscous with vegetables	Potatoe puree with onion Roast potatoes French fries Rice 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		
Salad	Beetroot salad with onion Younga 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 with sour cream Broccoli and cauliflower salad with mayonnaise Red cabbage and apple salad Kohlrabi salad with peppers	Beetroot salad with onion Younga 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 Tomatoes in cream		
Salad	Rhodoss 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		