

MEET & EAT.

MARYNARSKA BUSINESS PARK

MENU 22 week

*** our menu on www.meet-and-eat.pl ***

	Monday 27-05-2018	Tuesday 28-05-2018	Wednesday 29-05-2018	Thursday 30-05-2018	Friday 31-05-2018
Soup	Gypsy style soup with sausage Vegetarian Dill soup with rice	Irish potato soup with ham Soljanka Russian tomato soup	Mexican chicken soup Young red beetroot soup	Barley groats & vegetable soup Zucchini cream soup	Thai lemon grass soup with veggies and rice noodles Lentil soup with roasted vegetables
Meat dish	Pork stew with zucchini, peppers and mushrooms Braised sauerkraut with dried plum on red wine Crispy chicken leg (boneless) mayo-ketchup sauce Spicy chicken chop Chicken in coriander sauce A mix of grilled meats	Souvlaki with chicken, onion, pepper and tzatziki sauce Pork neck in beer & rosemary marinade Crispy chicken with mango sauce Chicken with pineapple and corn on the cob A mix of grilled meats	Pork neck baked with prunes and bacon Chicken strips Pork tenderloins in herbs BBQ chicken leg Pork 5 spices A mix of grilled meats	Cabbage leaves with meat & rice stuffing in tomato sauce Enchilada with Chicken, vegetables and green salsa with jalapeno and cilantro Pork cutlets in gravy BBQ chicken leg Chicken in coconut milk A mix of grilled meats	Pork with vegetables Pasta with pesto and chicken Chicken fillet coated with cornflakes Pork meat balls in Napoli sauce baked under cheese Kung Bao chicken A mix of grilled meats
 Fit dish	Grilled pork loin with vegetables	Chicken meat balls on vegetables	Steamed pork loin stuffed with asparagus and paprika	Chicken in broth with vegetables	Chicken breast in curry sauce with vegetables
Fish	Hake in tempura Steamed tilapia with vegetables baked under cheese	Baltic cod in lemon butter sauce Breaded hok fish with tomato and cheese	Squid rings Breaded hok fish with tomato and cheese	Fish in Greek way Pollock in beer batter	Fish fingers with sesame seeds Hake with zucchini & tomato baked under cheese
 Vegetarian dish	Vegetables baked with herbs de Provence and cheese Spring Rolls With Vegetables	Potato cutlet with mushroom sauce asparagus in a parsley pie with wine	Buckwheat cutlets with vegetables Pancakes with spinach and egg under cheese	Gnocchi in spinach sauce Millet cutlets with spinach and mascarpone	Zucchini fritters Vegetables in tempura
 Vegan dish	Chickpeas falafel with pepper & tomato sauce Vegetable pancakes with spring onion and sweet corn	Sweet sour tofu with vegetables Eggplant Egyptian style	Chickpeas and pumpkin curry with potatoes and coriander Eggplant stuffed with bulgur grits, tomatoes and peppers	Oriental pasta with vegetables Nori Wraps with dried tomato paste	Nori Wraps with dried tomato paste Sicilian caponata with aubergine, tomatoes, celery, olives and capers
Vegetables	Spinach Blue cabbage Mushrooms in cream Broccoli with sunflower seeds String beans mix Mini carrots with sesame seeds	Spinach Carrots baked in honey with ginger, chilli and sesame Cooked beetroot Mixed vegetables String beans mix Brussels sprouts	Spinach Carrots and peas Mushrooms in cream Broccoli with sunflower seeds Yellow beans with breadcrumbs Cauliflower with garlic, parsley & crumbs	Spinach Carrots and peas Red cabbage cooked with onions Brussels sprouts String beans mix Mix of steamed vegetables	Spinach Carrot with peas and pumpkin Cooked beetroot Broccoli with sunflower seeds String beans mix Mini carrots with sesame seeds
Dumplings	Dumplings with white cheese & potato Zeppelins with meat	Dumplings with white cheese & potato Dumplings with cheese, potato, bacon and onion	Dumplings with white cheese & potato Dumplings stuffed with cabbage	Dumplings with white cheese & potato Dumplings with spicy potato & cheese filling	Dumplings with white cheese & potato Dumplings with strawberries
Sweet	Rice with apples Chocolate pancakes with cheese and peaches	Pancakes With Apple Pancakes with cottage cheese	Coconut chops with millet Pancakes with cheese and raspberries	Banana in a pancake batter Chocolate pancakes with mint cheese and strawberry	Cheese pancakes with raisins and nuts Pancakes with cheese and peaches
Others	Oriental pasta with vegetables Dumplings Boiled potatoes Potatoes roasted with rosemary French fries Italian rice with vegetables Buckwheat Couscous with vegetables	Fried Rice With Vegetables Dumplings Potato puree with onion and bacon Roast potatoes French fries Rice with vegetables Barley Bulgur grits in Turkish	Soy noodles with vegetables Dumplings Potatoes from water with dill butter Roast potatoes with garlic and marjoram French fries Wild rice Buckwheat with onion Lentils with peppers	Rice noodles with vegetables Spinach Dumplings Mashed potatoes Roast potatoes French fries Rice with vegetables Bulgur grits in Turkish Couscous with vegetables	Rice noodles with vegetables Dumplings Boiled potatoes Potatoes fried with vegetables French fries Rice Honey barley with green peas Green lentils with tomatoes and onions
Salad	Beetroot salad with onion Young cabbage with radish Carrot and oranges salad Chinese cabbage & sprouts salad Sour cucumber 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, pepper and red onion salad Broccoli and cauliflower salad with mayonnaise Red cabbage and apple salad Tomatoes in cream	Beetroot salad with onion Young cabbage with carrot, apple and dill Carrot, peach and apple salad Chinese cabbage with kale, cucumber and chive Sour cucumber salad Broccoli and cauliflower salad with mayonnaise Celery salad Leek & apple 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, pepper and red 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 Young cabbage with carrot and zucchini 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	Marine salad with tuna Spinach, rocket salad, pear and black sesame Rhodos salad Bulgur salad with chickpeas, kale, pepper and corn Avocado, pomegranate and pork Fruit salad	Salad with crab sticks and celery Caesar salad (egg, croutons) Chickpeas salad with dried tomatoes Mozarella salad with red currants Lettuce, radish and cucumber salad Fruit salad	Greek salad Spinach baby-leaves, asparagus and strawberries Rocket salad, pomegranate, cherry tomatoes and tytu tytu feta cheese Chicken, celery and orange salad Leek, ham and celery salad Fruit salad	Lamb's lettuce with chickpeas, cherry tomatoes and egg Chicken fajitas salad with pepper Italian salad (basil, tomato, celery, mint) Pasta salad with broccoli Salad with pumpkin and kale Fruit salad	Salad with tuna Spicy devil's salad Lamb's lettuce salad with chichory Eggplant and green peas salad Salad of cherry tomatoes and rucola Fruit salad