




	Monday 10-12-2018	Tuesday 11-12-2018	Wednesday 12-12-2018	Thursday 13-12-2018	Friday 14-12-2018	
Soup	Broth with noodles Leek & zucchini soup with cheese (veg)	Red beetroot & vegetable soup Sweet potato soup	Sauerkraut soup highlandres' style Forest mushrooms soup with dumplings (veg)	Mexican soup Bean soup	Tripe soup Potato&leek soup with pears (veg)	
 Fit dish	Chicken fillet stuffed with broccoli	Pork loin baked in tomato&veggies sauce	Chicken stew with tomatoes and basil in cream sauce	Fat-free roasted chicken breast in herbs	Steamed turkey in apple-mustard sauce	
Main dish	Braised pork loin chop with leeks and bacon	Spicy chicken chop	Ground pork cutlet in mushroom sauce	Spanish-style pork loin (with olives, garlic, basil)	Swiss cutlet in herb batter	
	Drumstick glazed BBQ with smoked paprika	Pork stewed with onions	Baked Thai wings	Spicy chicken legs Hungarian style	Drumstick with vegetables in teriyaki sauce	
	Lecho (vegetable and sausage stew)	Chicken batons baked with herbs belted with bacon	Shepherd's gratin (pork, onion, peas, parsley root, carrot ...)	Pork shoulder stewed in cream&onion sauce	Fusili con polpettine (gimlets with meatballs)	
	Pasta in cream sauce with ham and peas	Chicken tenderloins Stroganoff	Chinese noodles with chicken and vegetables	Beef cutlets in a green pepper sauce	Chicken liver with apples and marjoram	
	Chicken gyros Grill	Chicken gyros Grill	Chicken gyros Grill	Chicken gyros Grill	Chicken gyros Grill	
	Cod with gremolata under cheese Breaded pollock stuffed with spinach	Steamed tilapia with vegetables baked under cheese Pollock in crispy breading	Fish cutlet with vegetables Breaded pollock with cheese	Tilapia in panko Pollock in pepper batter	Baltic cod in crispy breading Breaded fish with spinach	
 Vegan	Vegetable skewers with tofu glazed with balsamic sauce	Buckwheat risotto with sun-dried tomatoes, mushrooms and parsley (veg)	Chops With Peas	Pepper stuffed with buckwheat, mushrooms and eggplant in tomato sauce (veg)	Sweet potatoes baked with rosemary	
 Wegetarian and vegetables	Vegetable risotto with fresh herbs (veg)	Pasta with beetroot pesto	Breaded cauliflower	Gnocchi with basil pesto balsam and cherry tomato	Vegetable meatballs in mushroom sauce	
	Sicilian caponata with aubergine, tomatoes, celery, olives and capers	Enchilada with kale, veggies and cheese (veg)	Ratatouille	Stuffed cabbage with pumpkin and feta cheese	Tortilla with feta cheese and Greek salad	
	Spaghetti aglio e olio with roasted peppers and arugula	Pumpkin curry with sweet potatoes	Pumpkin risotto with almonds and chives	Carrots baked in honey with ginger, chilli and sesame	Vegetarian Chilli con carne with lentil, corn, beans and rice (veg)	
	Chickpeas curry (veg)	Spicy oatmeal breaded cheese	Eggplant Egyptian style (veg)	Zucchini breaded in panko	Curry with pumpkin and chickpeas with potatoes and coriander	
	Spinach	Carrots with peas and peppers	Spinach	Spinach	Spinach	
	Red cabbage cooked with onions	Young cabbage spicy	Carrots with pumpkin	Mushrooms with parsley	cauliflower in curry	
	Carrots with peas and peppers		0 Beets fried with fresh peppers	Fried cabbage with bacon	Cyder braised red cabbage	
	Broccoli with sunflower seeds	Cauliflower with garlic, parsley & crumbs	Brussels sprouts	Mixed vegetables	Mixed vegetables with breadcrumbs	
	Yellow beans with breadcrumbs	Glazed carrots	Cauliflower with broccoli and roasted pumpkin seeds	Broccoli sunk in bechamel sauce	Broccoli with cheese sauce	
	Mix of steamed vegetables	Steamed vegetables	Green string beans with garlic and bread crumbs	Cauliflower coated in sweet chili sauce (veg)	Yellow beans with breadcrumbs	
	Dumplings	Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Pierogies stuffed with meat
	Others	French fries	French fries	French fries	French fries	French fries
		Yeast Pancakes With Apples	Yeast "puffs" with vanilla cheese	Banana in a pancake batter	Apples in a biscuit batter	Cheese pancakes with raspberries
		Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoe puree with onion
Yellow rice with corn, carrot and peas		Rice with spicy vegetables (veg)	Pearl barley with green peas	Buckwheat with onion	Couscous with vegetables	
Barley groats in tomato sauce with parsley		Couscous with vegetables	Couscous Curry	Rice with vegetables	Buckwheat with onion	
Bulgur grits in Turkish	Buckwheat with onion	Yellow rice with vegetables	Millet with asparagus, dried tomatoes and feta cheese (veg)	Yellow rice with corn, carrot and peas		
Salads	Salad from young cabbage with radish	Chinese cabbage salad, cucumber and radishes	Salad With White Velcro	Broccoli and cucumber salad	Sauerkraut salad	
	Carrot salad with apple	Carrot and pineapple salad	Coleslaw	Peking cabbage salad with carrot	White cabbage slaw with horseradish	
	Red cabbage salad	Kohlrabi & cucumber salad	Carrot and peach salad	Carrot and pineapple salad	Carrot salad with apple	
	Salad, cucumber salad and sour cream	Salad with cabbage, peppers and pickled cucumber	Celery salad, peppers and cucumbers	Pickled cucumber & onion salad	Red cabbage salad	
	Beetroot salad with onion	Pork and pea salad	Beetroot salad with onion	Salad with beet and cucumber	Beetroot salad with onions	
	Salad with chicken peppers and red beans Salmon salad	Greek salad Salad With Noodles And Ham	Salad with egg, cheese and peas Salad with pork, avocado and pomegranate	Salad with rucola, olives and mozzarella Salad with Parma ham	Salad with mozzarella and dried tomato Salad with tuna	
Salads	Chickpea, peas and peppers salad	Spring salad mix vegetables	Salad with feta cheese and chickpeas	Salad with string beans, peppers and blue cheese	Salad With Chicken and pineapple	
	Broccoli and mozzarella salad	Salad with orange and blue cheese	Tomatoes in cream	Butterhead salad with cream and radish	Salad with feta cheese and celery	
	Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad	