

	Monday 24-09-2018	Tuesday 25-09-2018	Wednesday 26-09-2018	Thursday 27-09-2018	Friday 28-09-2018
Soup	Sauerkraut soup Beetroot cream soup with coconut milk and ginger (veg)	Sour cucumber & smoked bacon soup Cream vegetable soup with buckwheat (veg)	Soljanka soup Sweet potato soup	Tripe soup with tomatoes Pumpkin cream soup with coconut milk and chilli flakes	Spicy fish soup a'la puntanesca Vegetable soup with barley (veg)
fit					
Fit dish	Grilled pork loin in herb&pepper marinade with veggies Poultry cutlets with vegetables	Chicken curry with sweet potatoes, multi-colour peppers and broccoli Chicken breast in linseed	Steamed pieces of turkey with zucchini and mushrooms Chicken strips with jalapeno	Boiled ham stuffed with carrot Pork loin with green string beans	Fillet in sweet and sour sauce with nuts and coriander Minced pork with mushrooms
Main dish	Goulash a'la Stroganow chicken thigh with vegetables wrapped in bacon Stir-fried noodles with vegetables and chicken Chicken gyros Grill Steamed tilapia with vegetables baked under cheese Pollock in crispy breading	Sweet & spicy pork Pasta with chicken in blue cheese sauce, leeks and white wine Pork meatballs with rice in tomato sauce Chicken gyros Grill Breaded pollock stuffed with spinach	Slices of minced meat in a hunting sauce Spicy wings Wok-fried rice with pork, egg and vegetables Chicken gyros Grill O Tilapia in herb batter Breaded pollock with cheese	Tenderloin in caper sauce Chilli con carne with beans, paprika & corn Chicken thigh in teriyaki glaze Chicken gyros Grill Fishburger Pollock in crispy breading	Oriental pasta with chicken Pork roast in green pepper sauce Chicken batons in lemon-honey glaze Chicken gyros Grill Cod breaded with sesame Fish Hungarian style
Vegan	Skewers of marinated vegetables Sweet potato with gzikieim Cheese coated with black sesame seeds Pasta in a pepper sauce with coriander Vegetable and lentil chops Spinach Red cabbage cooked with onions Carrots with peas and peppers Steamed vegetables Cauliflower with broccoli and roasted pumpkin seeds Carrots baked in honey with ginger, chilli and sesame	Aloo gobi (cauliflower, potatoes, tomatoes, peas) (veg) Fried rice with vegetables and pumpkin Spagetti with broad beans, tomatoes and arugula (veg) Quesadilla with arugula vegetables and mushrooms Chickpeas & tomatoes goulash (veg) Carrots with peas and peppers Young cabbage spicy Mushrooms in cream(veg) Broccoli with curry sauce String beans mix Brussels sprouts	Vegetarian pot with beans, sweet corn, lentils and vegetables Butternut pumpkin stuffed with couscous and feta cheese (veg) Tomatoes stuffed with vegetable risotto Millet meatballs in sweet and sour sauce Tagliatelle pasta with pumpkin and mushrooms Spinach Fried cabbage with bacon Carrot with peas Green beans in sweet chilli sauce and sesame seeds Mixed vegetables with sunflower seeds Cauliflower with breadcrumbs	Tofu & chickpeas curry (veg) Lasagne spinach -nenia Tortilla with tofu vegetables and rice served with Mexican salsa Spaghetti pasta aglio olio with fresh spinach Lentil and sweet potato stew (veg) Spinach Mushrooms in cream(veg) Blue cabbage Carrot with sesame seeds Cheese couiflower Vegetables Italian-style (veg)	Zucchini stuffed with vegetables and millet Baked sweet potatoes served with btatziki sauce Pasta in tomato sauce with zucchini, feta cheese olives Tortilla cake with vegetables (veg) Green-veggie fritters (veg) Spinach Carrots with peas in cream Beets fried with cream Broccoli with cheese sauce Mixed veggies with sunflower seeds and bread crumbs Broccoli with bread crumbs
Dumplings	Pierogies with white cheese&potato Pierogies stuffed with meat French fries Cheese pancakes with apple	Pierogies with white cheese&potato Pierogies stuffed with meat French fries Yeast Pancakes With Apples	Pierogies with white cheese&potato Pierogies stuffed with meat French fries Rice pancakes with apple and banana	Pierogies with white cheese&potato Pierogies stuffed with meat French fries Sweet carrot pancakes	Pierogies with white cheese&potato Pierogies stuffed with meat French fries Curds with raisins
Others	Potatoes from water with dill butter Yellow rice with corn, carrot and peas Lentils with peppers Bulgur grits in Turkish	Potatoes from water with dill butter Italian rice with vegetables (veg) Buckwheat with onion Couscous with vegetables	Potatoes from water with dill butter Tandoroi rice Bulgur grits with tomatoes and mint Couscous with vegetables	Potatoes from water with dill butter Buckwheat with onion Yellow rice with corn, carrot and peas Barley groats with mushrooms and onions	Potatoes from water with dill butter Couscous with vegetables Hulled barley with broccoli, spinach and peas Italian rice with vegetables (veg)
Salads	Salad from young cabbage with radish Carrot salad with apple Red cabbage salad Salad, cucumber salad and sour cream Beetroot salad with onion	Chinese cabbage salad, cucumber and radishes Carrot and pineapple salad Kohlrabi & cucumber salad Pickled cucumber & onion salad Pork and pea salad	Salad With White Velcro Red cabbage salad Carrot and peach salad Salad, cucumber salad and sour cream Beetroot salad with onion	Broccoli and cucumber salad Carrot and pineapple salad Tomatoes in cream Coleslaw Salad with beet and cucumber	Sauerkraut salad Low-salt cucumbers Carrot salad with apple White cabbage slaw with horseradish Beetroot salad with onions
Salads	Salad with chicken, tomato and pepper Salmon salad Salad made of low-salt cucumbers, tomatoes and green cucumbers Broccoli and mozzarella salad Fruit salad	Greek salad Chickpeas salad with dried tomatoes Salad with chicken peppers and red beans Salad with oranae and blue cheese Fruit salad	Salad with tuna Salad with pork, avocado and pomegranate Salad with feta cheese and chickpeas Tomatoes in cream Fruit salad	Salad with rucola, olives and mozzarella Salad with Parma ham Salad with string beans, peppers and blue cheese Butterhead salad with cream and radish Fruit salad	Salad with mozzarella and dried tomato Salad mix (corn, pepper, tomato, cucumber) Salad with chicken tomato and peppe Salad with feta cheese and celery Fruit salad



Vegetarian and vegetables