

MENU 48 week menu www·meet-and-eat·pl

		Monday 25·11·2019	Tuesday 26·11·2019	Wednesday 27·11·2019	Thursday 28·11·2019	Friday 29·11·2019
	C	Broth with noodles	Duck soup with barley	Bean soup	Tripe soup with tomatoes	White borscht with sausage and potatoes
	Soup	Broccoli&peas cream soup with a touch of cinnamon	Minestrone	Tomato soup with noodles	Red lentil dahl soup	Dill soup with rice
	Fit dish	Chicken breast with dried tomatoes &spinach pesto	Chicken fillet stuffed with colorful vegetables	Tenderloin in mushroom and thyme sauce	Pork loin baked in smoked pepper gravy	Steamed turkey in apple-mustard sauce
		Roasted pork loin with pineapple & cheese	Ground chicken cutlets	Chunks of pork coated in sesame seeds	Chicken meatballs in dill sauce	Ground pork with mushrooms and cheese
		Panang curry with chicken and peanuts	Diced pork, fried with onion	Chicken batons baked with herbs belted with bacon	Shepherd's gratin (pork, onion, peas, parsley root, carrot …)	Home pizza with salami mushrooms tomato and olives
	Main dish	Pasta in cream&cheese sauce with salami	Roast duck with apples and orange	Pasta with spinach and bacon	Poultry hearts fried with onion and mushrooms	#N/D
		chicken leg glazed in BBQ with caramelized onions	Pork liver with apples and onion	Chicken stomachs in horseradish sauce	Mexican pork enchilada	Rice with chicken and red beans and spicy
		Chicken gyros	Chicken gyros	Chicken gyros	Chicken gyros	Chicken gyros
		Grill Grilled cod fillet with garlic butter and fresh herbs	Grill Pasta with salmon in cream sauce with garlic and	Grill Hake in butter batter with aioli	Grill Sea wolf baked in herbs	Grill Fish baked with tomato, celery and carrots
		Breaded pollock stuffed with spinach	parsley Breaded pollock with cheese	Breaded pollock stuffed with spinach	Pollock in crispy breading	Breaded pollock with cheese
IECAN		Бгеааеа роноск этинеа шти эртпаси	breaded pollock with theese	breaded pollock stuffed with spillach	rollock in crispy breading	breaded policik with theese
P	Vegan	Vegetable stew with lentils	Toffu sweet & sour	Ratatouille	Red beans and sweet potato goulash	Chickpeas meatballs in dill sauce
	Wegetarian and vegetables	Mexican tortilla with rice, beans, corn and lentil	Carrots baked in honey with ginger, chilli and sesame	*	Zucchini and mushroom chop with rice and tomato sauce	Baked sweet potatoes with chickpeas, feta and spinach
		Vegetables baked with herbs de Provence and cheese	Celeriac and kale cutlets	Pasta in tomato sauce with black olives, tomatoes and mozzarella	Spinach tart with salmon and capers	Vegetable enchiladas
mTam.		Pumpkin risotto with almonds and chives	Breaded cheese served with tartar sauce	Lasagne with spinach	Pasta with green pesto, tomatoes, olives and arugula	
X		Gnocchi in spinach sauce	Vegetarian goulash with sweet potatoes	Buckwheat cutlets with zucchini and carrot	Tortilla with broccoli and cheese	Vegetable fritters with sunflower seeds
		Spinach	Spinach	Spinach	Spinach	Spinach
		Carrot with peas	Cyder braised red cabbage	Pumpkin in coconut milk	Fried cabbage	Cauliflower curry
		Fried cabbage with tomato	Carrots with pumpkin	Mushrooms with parsley	Carrots with peas and corn	Cooked beetroot
		Broccoli sunk in bechamel sauce	Mixed vegetables with sunflower seeds	Mixed veggies with sunflower seeds and bread crumbs		Mixed vegetables with breadcrumbs
		String beans mix	Cauliflower with breadcrumbs	Carrot duo with chive and bread crubms	Mixed vegetables	Broccoli with cheese sauce
		Mini carrot caramelized with thyme	Brussels sprouts with bacon and walnuts	Cauliflower coated in sweet chili sauce	Oriental beans with sesame seeds	String beans mix
	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
		French fries	French fries in herbal topping	French fries in herbal topping	French fries in herbal topping	French fries
	Others	Cheese pancakes with raspberries	Pancakes with cinnamon	Rice pancakes with apple and banana	Pumpkin Pancakes	Steamed dumplings with fruit
		Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoes from water with dill butter	Potatoes from water with dill butter
		Curry rice with broccoli	Yellow rice with corn, carrot and peas	Buckwheat	Biryani rice with vegetables	Buckwheat
		Bulgur grits with tomatoes and mint	Grandine pasta with vegetables	Rice with mushrooms and peas	Buckwheat groats fried with kale, pumpkin and feta	Couscous with vegetables
		Buckwheat with onion	Pearl barley with green peas	mix groats	cheese Bulgur wheat	Yellow rice with vegetables
		Salad from young cabbage with radish		Salad With White Velcro	Broccoli and cucumber salad	Sauerkraut salad
	Salads	Carrot salad with apple	Carrot and pineapple salad	Coleslaw	Peking cabbage salad with carrot	Salad with cabbage, peppers and pickled cucumb
		Red cabbage salad	Mizeria salad with sour cream	Carrot and peach salad	Carrot and pineapple salad	Carrot salad with apple
		Salad, cucumber salad and sour cream	White cabbage slaw with horseradish	Celery salad, peppers and cucumbers	Mizeria salad with sour cream	Red cabbage salad
		Beetroot salad with onion	Sauerkraut salad	Beetroot salad with onion	Salad with beet and cucumber	Beetroot salad with onions
	Salads	Salad with chicken peppers and red beans	Greek salad	Salad with egg, cheese and peas	Salad with rucola, olives and mozzarella	Salad with mozzarella and dried tomato
		Salmon salad	Salad With Noodles And Ham	Salad with pork, avocado and pomegranate	Salad with Parma ham	Salad with tuna
		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