

	Monday 29-07-2019	Tuesday 30-07-2019	Wednesday 31-07-2019	Thursday 01-08-2019	Friday 02-08-2019
<b>Soup</b>	Broth with noodles Red beetroot soup (veg)	Sour soup on pork ribs Pepper soup (veg)	Potato soup with bacon Tomato soup with basil and garlic(veg)	Mexican soup Sour cucumber soup (veg)	Spicy fish soup Lentil soup with roasted vegetables (veg)
<b>Live Cooking</b>	Asian rice wok stir-fry with spicy marinated chicken and vegetables	Grilled chicken served on a bed of lettuce and vegetables	Grilled chicken served on a bed of lettuce and vegetables	Oriental noodles with chicken breast and vegetables	Crispy Hake fillet with spinach and sunflower seeds
<b>Main dish</b>	Hawaiian chicken fillet Chicken fingers in corn breadcrumbs	Breaded chicken fillet with sesame Oriental meatballs	Paris fillet Kofta with pork meat with mint	Chicken breast in linseed Pork shepherd's pie (onion, green peas, parsnip,	Devolay Pork steak with zucchini and pepper under cheese
<b>Fit dish</b>	Roasted pork in herb sauce Curry with chicken, pumpkin and kale Glazed chicken sticks	Crispy chicken legs with mayonnaise Lasagne with meat and vegetables Whole grain pasta with boiled chicken, zucchini and	Pork loin chop in oatmeal Chicken with pepper and corn sticks Chicken stew with apple&leek	Chicken liver with onions and mushrooms #N/D! Ground chicken cutlets	Breaded chicken wings Penne with tuna and tomatoes Chicken gyros with vegetables and cheese
	Ginger and lemon chicken fillet with red onion jam	Steamed turkey with vegetables	Fillet stuffed with spinach	Grilled pork loin in herb&pepper marinade with veggies	Chicken breast in peach&orange sauce
<b>Fish</b>	Haki in sunflower seeds breading Tilapia in herb batter	Hake in tempura Breaded hoki fish	Tilapia in curry batter Hake in coloured pepper breading	Baltic cod in crispy breading Hoki with vegetable salsa	Coconut batter tilapia with lemon Hoki in piri piri bread crumb
	Aloo gobi (cauliflower, potatoes, tomatoes, peas) (veg)	Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (vegan)	Paella with vegetables (vegan)	Vegetables baked with herbs	Chickpea meatballs with kale (vegan)
<b>Vegetarian</b>	Bulgur & red lentil cutlet with garlic dip (veg) Breaded cheese (veg) Chickpeas with peppers (vegan) rintal nudles with vegetables (veg)	Potato, chive and eggs cutlet baked under cheese (veg) Barley with green peas Stuffed tomatoes Mexican enchilada with lentils and vegetables ( veg )	Millet & broccoli cutlet with sunflower seeds (veg) Vegetables Italian-style (veg) Tower of potato pancakes & veggies (veg ) Pasta with spinach pesto with the addition of fresh spinach	Potatoe&vegetable fritters (veg) Barleyotto with new beets, walnuts and cheese Pancakes with spinach and veggies (veg) Pasta with mushroom sauce (veg)	Carrot Fritters (veg) Asian vegetables with tri-colous tofu (veg) Mushrooms stuffed with vegetables baked with Hungarian lecho (vegan)
	Biscuit sponge cake with banana Spinach Mushrooms in soy sauce Carrots and peas Broccoli with sunflower seeds Mini carrots with sesame seeds String beans mix	Pancakes With Apple Spinach Fried cabbage with mushrums Mini carrot caramelized with thyme Mixed vegetables Green string beans with garlic and bread crumbs Brussels sprouts	Spinach Carrots and peas Blue cabbage Carrots duo with sesame Yellow beans with breadcrumbs Mixed veggies with roasted pumpkin seeds	0 Cheese pancakes with raisins and nuts Spinach Carrot with peas and pumpkin Fried cabbage with bacon Cauliflower with broccoli and roasted pumpkin seeds String beans mix Mix of steamed vegetables	Banana in batter Spinach Carrots and peas Cooked beetroot (veg) Broccoli with sunflower seeds String beans mix Mini carrots with sesame seeds
<b>Dumplings</b>	Pierogies with white cheese&potato Pierogies stuffed with meat Dumplings Potatoes from water with dill butter	Pierogies with white cheese&potato Dumplings with broccoli Dumplings Potatoe puree with onion	Pierogies with white cheese&potato Pierogies with cheese, potato, bacon and onion Dumplings Potatoes from water with dill butter	Pierogies with white cheese&potato Pierogies stuffed with spinach Dumplings Potato puree with onion and bacon	Pierogies with white cheese&potato Pierogies with spicy potato&cheese filling Spinach dumplings Boiled potatoes
<b>Others</b>	Roast potatoes with garlic and marjoram French fries Rice Couscous with vegetables Buckwheat groats	Roast potatoes French fries Rice with carrots and peas Barley groats with mushrooms and onions Bulgur wheat	Roast potatoes with garlic and marjoram French fries Yellow rice Buckwheat with onion Lentils with peppers	Roast potatoes French fries Rice with vegetables Bulgur grits in Turkish Couscous with vegetables	Potatoes fried with vegetables French fries Rice with vegetables Honey barley with green peas Lentils with peppers
<b>Salad</b>	Beetroot salad with onion White cabbage slaw with horseradish Carrot slaw with raisins Red cabbage salad Chinese cabbage with pumpkin & apple Broccoli and cauliflower salad with mayonnaise String bean salad Tomatoes and onions	Beetroot salad with sunflower seeds Red cabbage slaw Carrot & apple salad Hungarian cabbage salad Pickled cucumber & onion salad Chienese cabbage with kale, cucumber and chive Red cabbage and apple salad Celery salad with raisins	Beetroot salad with onion Coleslaw with pepper Carrot salad with horseradish, raisins and cream Swedish Salad Low-salt cucumbers Salad with green beans, blue cheese and nuts Red cabbage salad with red onions Cucumber salad with sour cream	Beetroot salad with sunflower seeds White cabbage salad withcorn, dill and mayonnaise Carrots and raisins salad with orange note Sauerkraut salad Leek and corn salad Peking cabbage & arugula salad Red cabbage salad, mayonnaise and garlic Pickled cucumber	Beetroot salad with onion Coleslaw with leek Carrot & apple salad Swedish Salad Leek salad Celery and carrot salad Red cabbage and apple salad Chinese cabbage salad, kohlrabi, red onion and peppers
<b>Salad</b>	Mushroom salad with egg and green beans Chicken and avocado salad Fruit salad	Oriental salad with zucchini and mun bean sprouts Mexican salad with chicken Fruit salad	Salad with chicken and sunflower seeds Spring salad Fruit salad	Salad with chicken and vegetables in curry sauce Celery salad Fruit salad	Salad with tomato and watermelon Lamb's lettuce with chickpeas, cherry tomatoes and egg Fruit salad