

MEET & EAT.

MENU 47 week
menu www.meet-and-eat.pl

		Monday 18-11-2019	Tuesday 19-11-2019	Wednesday 20-11-2019	Thursday 21-11-2019	Friday 22-11-2019
Soup		Broth with noodles Harira - Moroccan soup	Red beetroot & vegetable soup Green peas and kale cream soup with croutons (veg)	Sour soup on pork ribs Lentil soup with roasted vegetables (veg)	Bavarian pork soup with beer Vegetable soup with barley (veg)	Mexican soup Broccoli cream soup (veg)
Live Cooking		#N/D	Beef burger with smoked cheese, onion, gherkins...	Beef burger with smoked cheese, onion, gherkins...	Ramen Shoyu with pork: Japanese soup with ramen noodles and toppings:	Chicken breast grilled with spinach, bacon and pumpkin seeds
Main dish		Chicken fillet breaded with cornflakes Crispy chicken legs with mayonnaise Roasted pork in gravy Chicken shawarma with vegetables with garlic sauce Ground pork cutlet	Chicken breast in thyme breading Pork loin stuffed with apricots Spicy sambal chicken sticks Hungarian pork stew Enchilada with pork and vegetables	Chicken breast in cornflake batter Bretton beans in tomato sauce Grilled chicken with apple and mustard Pork ribs with bbq sauce Penne bolognese pasta with beef	Chicken fillet in breadcrumbs & nuts Oriental meatballs Chicken liver with apples and marjoram Countryside pasta with sausage, onion and egg Crispy goose	Breaded chicken breast Penne carbonara Pork steak with onion Mexican chicken Sweet and sour chicken wings
fit	Fit dish	Chicken fillet stuffed with paprika and typu feta cheese sprinkled with chives	Ginger and lemon chicken fillet with red onion jam	Fillet stuffed with spinach	Pork sirloin with thickly cut vegetables (spicy)	Paella with seafood and chicken
Fish		Hoki fish in broccoli batter Breaded tilapia fish with pumpkin seeds	Cod breaded with sesame Tilapia in dough with dried tomatoes and herbs	Coconut batter tilapia with lemon Hake with fried onion baked under cheese	Hoki with vegetable salsa Hake in coloured pepper breading	Fish in Greek way Hoki fish in batter
	Vegan	Aloo gobi (cauliflower, potatoes, tomatoes, peas) (veg)	Batatas baked with rosemary (vegan)	Vegetarian risotto (veg)	Chickpeas nougas (vegan)	Ratatouille
	Vegetarian	Vegetable fritters with sunflower seeds (veg) Barley with green peas Vegetables baked with herbs de Provence and cheese Stuffed zucchini with quinoa and vegetables (vegan)	Buckwheat cutlets with vegetables (veg) Chickpeas & tomatoes goulash (veg) Pancake with vegetables baked cheese (veg) Pasta with mushroom sauce (veg)	Egg cutlets (veg) Tower of potato pancakes & veggies (veg) Lasagne with spinach & pumpkin (veg) Tofu & chickpeas curry (veg)	Pumpkin fritters (veg) Cabbage rolls with barley groats and wild mushrooms Vegetables Italian-style (veg) Vegetable stew with lentils	Hungarian potato cutlets Vegetarian pot with beans, sweet corn, lentils and Cauliflower casserole (veg) Grilled beets
		Yeast Pancakes With Apples	Coconut chops with millet	Cheese pancakes with raisins and nuts		0
		Spinach	Spinach	Spinach		0
Vegetables		Mushrooms in soy sauce Carrots and peas Broccoli with sunflower seeds Mini carrots with sesame seeds String beans mix	Fried cabbage with bacon Carrots baked in honey with ginger, chilli and sesame Mixed vegetables Green string beans with garlic and bread crumbs Broccoli with sunflower seeds	Carrots and peas Fried cabbage with bacon Carrots duo with sesame Yellow beans with breadcrumbs Mixed veggies with roasted pumpkin seeds	Fried cabbage with tomato Mini carrot caramelized with thyme Cauliflower with garlic, parsley & crumbs String beans mix Mix of steamed vegetables	Carrots and peas Cooked beetroot (veg) Broccoli with sunflower seeds String beans mix Mixed steamed vegetables in herb sauce
Dumplings		Pierogies with white cheese&potato Pierogies stuffed with meat	Pierogies with white cheese&potato Dumplings with broccoli	Pierogies with white cheese&potato Pierogies with cheese, potato, bacon and onion	Pierogies with white cheese&potato Pierogies stuffed with spinach	Pierogies with white cheese&potato Pierogies with spicy potato&cheese filling
		Dumplings	Dumplings	Dumplings		Spinach dumplings
		Potatoes from water with dill butter	Potatoes puree with onion	Potatoes from water with dill butter	Boiled potatoes	Boiled potatoes
Others		Roast potatoes with garlic and marjoram	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes	Potatoes fried with vegetables
		French fries	French fries	French fries	French fries	French fries
		Rice	Rice with carrots and peas	Yellow rice	Rice with vegetables	Rice with vegetables
		Couscous with vegetables	Barley groats with mushrooms and onions	Buckwheat with onion	Bulgur grits with dried tomatoes and parsley	Honey barley with green peas
		Buckwheat groats	Bulgur wheat	Lentils with peppers	Couscous with vegetables	Lentils with peppers
		Beetroot salad with onion White cabbage slaw with horseradish	Beetroot salad with sunflower seeds Red cabbage slaw	Beetroot salad with onion Coleslaw with pepper	Beetroot salad with sunflower seeds White cabbage slaw with horseradish, dill and mayonnaise	Beetroot salad with onion Coleslaw with leek
Salad		Carrot slaw with raisins Red cabbage salad Chinese cabbage with pumpkin & apple Broccoli and cauliflower salad with mayonnaise String bean salad	Carrot & apple salad Sauerkraut salad Pickled cucumber & onion salad Chinese cabbage with kale, cucumber and chive Red cabbage and apple salad	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	Carrots and raisins salad with orange note Sauerkraut salad Leek and corn salad Peking cabbage & arugula salad Red cabbage salad, mayonnaise and garlic	Carrot & apple salad Swedish Salad Leek salad Celery and carrot salad Red cabbage and apple salad
		Tomatoes and onions	Celery salad with raisins	Tomatoes in cream	Pickled cucumber	Chinese cabbage salad with mini corn on the cob
Salad		Carrot & cucumber oriental salad with sesame	Chicken & cranberries salad	Chicken, celery and orange salad		0 Gyros salad
		Grilled chicken and pepper salad	Salad with broccoli, eggs, cherry tomatoes and cucumber	Bulgur salad with chickpeas, kale, pepper and corn	Greek salad	Bulgur salad with chickpeas, kale, pepper and corn
		Fruit salad	Fruit salad	Fruit salad	Fruit salad	Fruit salad