MENU 6 Week our menu at www·meet-and-eat·pl

	Monday February 5, 2024	Tuesday February 6, 2024	Wednesday February 7, 2024	Thursday February 8, 2024	Friday February 9, 2024
	White borscht with sausage and potatoes	Mexican	Cucumber soup	Bean	Sour soup with ribs
Soups	Cream of chickpea and tomato soup (veg)	Mushroom (veg)	Oyster mushroom tripe (veg)	Cauliflower (veg)	Mushroom soup (veg)
Meat	Fire cutlet (poultry)	Pork chop schnitzel with bacon and fried egg	Chicken fillet breaded in cornflakes	Meatloaf	Hawaiian chicken fillet (in coconut flakes)
	Pork chops in their own sauce	Poultry roll stuffed with mushrooms and thyme	Pork fajitas with onion and peppers in a crispy tortilla	Pork neck baked in mushroom sauce with dried plums	Indian butter chicken
	Grilled tortilla with chicken, vegetables, mango and chilli salsa	Pork ribs with bbq sauce	Penne pasta with chicken in herb and tomato sauce	Gypsy cauldron with sausage	Grilled pork steaks in mushroom sauce
	Chicken drumsticks in crispy corn breading	Poultry goulash with root vegetables in cream and tomato sauce	Pork meatballs in tomato sauce	Chicken in cream and cheese sauce with leek and mushrooms	Chicken liver in cider with bacon
	Pork with vegetables in Hoisin sauce	Thai style pork with green beans	Teriyaki turkey	Spicy chicken with bamboo	Pork with mun mushrooms and bamboo
	Grilled fillet with chanterelle sauce	Grilled pork knuckle with cabbage	Mix of grilled meats	Beef burger in a potato donut with bacon, cheddar cheese, bbq sauce with dark chili chocolate and coriander	Mix of grilled meats
Low fat dish	Boiled chicken fillet with vegetables (kcal.151/100g)	Poultry kebab with onion, pepper and zucchini (kcal. 142/100g)	Turkey stew (kcal.120/100g)	Baked chicken leg with vegetables (kcal.168/100g)	Turkey escalopes in its own sauce (kcal. 121/10
Fish	Cod in pepper paste	Tilapia in Hungarian pepper sauce	Nile perch in nut breading	Hake baked with tomato and olive	Breaded tilapia
	Pollock in crispy breadcrumbs	Plaice in panko	Minced fish cutlet	Miruna breaded with sesame	Fish mix
Vegan	Sweet potatoes baked with rosemary (veg)	Pasta alla Norma (veg) (tomatoes, eggplant)	Vegetable salad with chickpeas (veg)	Pumpkin ragout with red lentils (veg)	Tortilla with vegetables (veg)
	Oriental chickpeas with onion, tomatoes and zucchini (veg)	Tofu in black pepper sauce (veg)	Paella with vegetables (veg)	Bigos with oyster mushrooms and forest mushrooms (veg)	Sweet and sour tofu with vegetables (veg)
	Pasta casserole with tomatoes, carrots, zucchini and eggplant	Mexican enchilada with lentils and vegetables (veg)	Cauliflower curry (veg)	Aromatic sweet potato and red bean stew (veg)	Falafel with kale and jalapeno (veg)
SECETARIAN.	Celery and kale cutlets (veg)	Millet cutlets with spinach and mascarpone cheese	Vegetable cutlet with grains (veg)	Potato donuts	Bulgur and red lentil cutlet with garlic dip (veg)
	Oriental pasta with vegetables (veg)	Oriental pasta with vegetables (veg)	Fried tofu in sriracha sauce (spicy) (veg)	Fried rice with vegetables (veg)	Oriental pasta with vegetables (veg)
	Pancakes with Nutella and banana	Yeast Pancakes With Apples	Banana in pancake batter	Different types of donuts	Apples with cinnamon under crumble
	Spinach	Spinach	Spinach	Spinach	Spinach
	Carrots baked in honey with ginger, chili and	Warm red cabbage with onion	Mushrooms in soy sauce	Mushrooms in cream	Mushrooms in teriyaki sauce
	sesame				
	White cabbage fried with bacon	Mushrooms in teriyaki sauce	Red cabbage	Glazed carrot	Carrots with peas and pumpkin
	White cabbage fried with bacon Cauliflower with breadcrumbs	Mushrooms in teriyaki sauce Vegetable bouquet	Red cabbage Vegetable bouquet	Vegetable bouquet	Vegetable bouquet
	Cauliflower with breadcrumbs	Vegetable bouquet	Vegetable bouquet	Vegetable bouquet	Vegetable bouquet
	Cauliflower with breadcrumbs Carrot and sesame duo Green beans with garlic breadcrumbs Beetroots baked with rosemary, sprinkled with	Vegetable bouquet Cauliflower with breadcrumbs	Vegetable bouquet Brussels sprouts	Vegetable bouquet Broccoli Yellow beans with breadcrumbs Beetroots baked with rosemary, sprinkled with feta	Vegetable bouquet Broccoli with sunflower seeds Cauliflower with breadcrumbs
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