

poniedziałek 20-05-2024

wtorek 21-05-2024

środa 22-05-2024

czwartek 23-05-2024

piątek 24-05-2024

Soups

Mexican	Sour rye soup with sausage	Gypsy with sausage	Dhal Lentil Soup	Spicy fish soup
Krupnik soup with young vegetables	Neapolitan soup with gnocchetti pasta (veg)	Cream of green asparagus (veg)	Beetroot with egg	Mushroom soup with pasta

Meat

Chicken fillet covered in cheese/Minced turkey cutlet	Pork chop / Minced cutlet with dried tomatoes	Chicken fillet in panko with sweet chili sauce/Chicken fingers in spicy breadcrumbs	Pork chop in dough with ham and peas/pork steak with fried egg	Chicken tenderloin breaded in coconut flakes/Breaded chicken with strawberry salsa
Chicken leg in spicy sambal marinade	Poultry brisol with onion	Pork medallions stewed in leeks	Butter chicken	Pork neck baked with honey and garlic
Baked pork loin in juniper-rosemary marinade with chanterelle sauce with a hint of chili	Burito with beef and Chimichurii sauce	Pastitsio	Pork stewed with mun mushrooms	Chicken in spinach sauce
Poultry gyros with onion, mushrooms and peppers	Grilled pork knuckle with cabbage	Crispy drumstick with mayonnaise and ketchup marinade	Slow cooked green curry with chicken	Cannelloni with bolognese sauce
Hungarian pork goulash	Chicken stroganoff	Pork stewed in wine with shallots	Pork meatballs in dill sauce	Chicken liver with apple and plum
Chinese-style fried noodles with pieces of spicy pork, bamboo shoots, peppers and peanuts	Pulled teriyaki chicken in a Bao bun	Chicken in sweet and sour sauce	Chicken leg baked with spinach and feta cheese	Oriental pork with lemongrass

Low Fat dish

Mix of grilled meats with vegetables	Grilled BBQ pork neck	Keftedes with olives	Chicken drumsticks baked with herbs	Grillowane bez tłuszczu medaliony schabowe na warzywnym ratatoile
Chicken fillet in peach-orange sauce (kcal 148/100)	Chicken drumstick with grilled vegetables (kcal 168 / 100g)	Chicken rolls with vegetables and ginger in its own sauce (kcal 156/100g)	Chicken fillet in broth with vegetables (kcal 130/100g)	Steamed salmon with vegetables (Kcal 170/100g)

Fish

Breaded cod with almonds	Tilapia breaded in panko	Halibut baked with spinach	Cod in tomato sauce	Cod meatballs in dill and lemon sauce
Fish in beer batter	Miruna baked with tomato and green pesto	Fish in green curry	Corn-crusted fish	Pollock in crispy breadcrumbs

Vegan

Pumpkin and chickpea curry with potatoes and coriander (veg)	Baked pumpkin, sweet potatoes with Brussels sprouts and chilli (veg)	Zucchini lecho in tomatoes (veg)	Sweet Chilli Tofu	Barley soup with pumpkin, kale and celery
Paella with vegetables (veg)	Falafel with beetroot in a crispy tortilla with vegetables	Bulgur pilaf with roasted vegetables	Madras Curry with roasted vegetables	Pan-fried potatoes with cheese and mushrooms in cream sauce (veg)



Lentil cutlets (veg)	Pancake with vegetables baked with yellow cheese	Celery and kale cutlets (veg)	Tortilla with Vegetables and Garlic Sauce	Beetroot cutlets with tartar sauce
Zucchini and peppers with beans (veg)	Curry with tofu and chickpeas (veg)	Tortilla cake with vegetables (veg)	Vega Balls in tomato sauce	Asparagus with béchamel sauce (veg)
Vegetables in tempura (veg)	Fried rice with vegetables (veg)	Risotto with asparagus and cherry tomatoes (veg)	Oriental pasta with vegetables	Gnocchi in spinach sauce (veg)
Pancakes with cheese and strawberries	Pancakes with orange syrup	Pancakes with cheese and chocolate	Yeast pancakes with strawberry and rhubarb mousse	Sponge cakes with banana
Spinach	Spinach	Spinach	Spinach	Spinach
Mushrooms in cream	Fried beets	Mushrooms in teriyaki sauce	Beetroots in balsamic sauce	Mushrooms in cream
Fried red cabbage	Fried young cabbage	Carrots with peas	Mushrooms in red curry sauce	Warm beets
Broccoli and cauliflower with sunflower seeds	Vegetable bouquet	Brussels sprouts	Broccoli with sunflower seeds	Broccoli and cauliflower with sunflower seeds
Vegetable bouquet	Carrot duo with garlic butter	Cauliflower with broccoli and roasted pumpkin	Cauliflower with breadcrumbs	Vegetable bouquet
Carrot with sesame seeds	Yellow beans with breadcrumbs	Steamed vegetable mixture	Carrot duo with linseed	Yellow beans with breadcrumbs

Pierogi

Dumplings	Dumplings	Dumplings	Dumplings	Dumplings
Dumplings with white cheese and dried fruit	Dumplings with spinach and blue cheese	Dumplings with meat	Dumplings with strawberries	Pelmeni with meat

Accessories

hooves	Silesian noodles	Pumpkin dumplings with sage butter	Silesian noodles	hooves
Water potatoes with dill butter	Mashed potatoes	Water potatoes with dill butter	Mashed potatoes with baked pumpkin	Water potatoes with dill butter
Ziemniaki pieczone z rozmarynem	Potatoes baked with garlic and marjoram	Ziemniaki smażone z warzywami	Baked potatoes	Potatoes baked with garlic and marjoram
Rice	Rice with basil pesto	Rice with egg	Jasmine rice with green peas	Rice
Buckwheat groats	Pearl barley in tomato sauce with parsley	Pearl barley with vegetables	Buckwheat groats	Pearl barley with vegetables
Pearl barley with vegetables	Bulgur groats	Buckwheat groats	Cous cous with roasted pumpkin	Barley groats with mushrooms and onion

Pig salads

Young shredded cabbage with dill	Chinese cabbage salad with kale, green cucumber and chives	Dill salad	Salad with white cabbage, leek, apple and carrot	Salad with Chinese cabbage, kohlrabi, red onion and pepper
Carrot salad with horseradish and raisins in cream	Salad with cabbage, pickled cucumber, red onion, tomato and dill	Leek and carrot salad with apple in sour cream	Low-salt cucumbers with French mustard and chilli	Red cabbage salad with cucumber, dill and onion
Carrot salad with cranberries	Carrot salad with peach and apple	Red beetroot salad with yogurt	Carrot and apple salad	Leek and pea salad
Red cabbage salad with onion and mayonnaise	Beetroot and cucumber salad	Chinese cabbage salad with corn	Red cabbage salad with cucumber, dill and onion	Butter lettuce, radish, cucumber
Celery salad	Salad with white cabbage, leek, apple and carrot	Coleslaw with young cabbage	Red beetroot salad with onion	Beetroot and cucumber salad
Kimchi salad	Cucumber soup with dill cream	Salad with cream	Kimchi salad	Thai cucumber salad
Pickled cucumber	Pickled cucumber	Pickled cucumber	Pickled cucumber	Pickled cucumber

Salads

Macaroni salad	Broccoli, radish and corn salad with yogurt sauce	Salad with bulgur, chickpeas, kale, peppers and corn	Greek feast salad (tomato, pepper, cucumber, red onion, feta cheese)	Rhodes salad
gyros salad	Salad with cous cous and chickpeas	Chickpea salad with sun-dried tomatoes	Herring salad	Salad with couscous, raspberry tomatoes and mint
Beetroot salad (arugula, beetroot, cucumber, red onion, green grapes)	Salad with fried salami, tomatoes, canned peppers, corn and cheese	Salad With crab sticks	Rice salad with cucumber	Thai-style rice noodle and chicken salad with peanuts
tuna salad	Salad with kale, chicken, cranberries and roasted sunflower seeds	Salad with canned peppers and pork	Caesar salad (chicken, egg, croutons)	Salad with fresh spinach, strawberry and asparagus