

Monday 09-09-2024

Tuesday 10-09-2024

Wednesday 11-09-2024

Thursday 12-09-2024

Friday 13-09-2024

Soups

Silesian Sour Soup	Garlic soup with cheese and bacon	Homemade chicken broth with poured dumplings and vegetables	Aromatic Indian soup with red lentils and chicken	Barley soup with duck
Solferino soup (veg)	Beetroot, coconut milk and ginger cream (veg)	Broccoli soup (veg)	Oyster mushroom tripe (veg)	Fish soup (veg)

Mains

Breaded minced cutlet with caramelized onion	Chicken fillet breaded with cornflakes	Chicken fillet in sesame dough with pesto	Pork chop with grilled cauliflower baked with yellow cheese	Cutlet ala devolay made of minced fillet with cheese and parsley
Baked Sicilian Pasta	Mexican Pork Goulash	Pork kebab with cream and mint sauce	Chicken fillet marinated in yoghurt and red pepper with mozzarella and cherry tomato confit	Pork roulade with vegetables, butter sauce
Chicken thigh in honey mustard sauce	Turkey Brioche	Thai Chicken (Spicy)	Sesame Chicken Bites	Coconut curry with chicken and mango
Pork loin stewed in wild mushroom sauce	Quarter of a chicken baked in the old Polish style	Doner Kebab chicken/corn tomato olives	Penne with pork tenderloin in mushroom sauce	Cabbage rolls stuffed with meat in tomato sauce
Indian Butter Chicken	Ribs with mushroom in dark soy sauce	Grilled pork neck with vegetables	Meat and mushroom croquette	Chicken liver with onion and pear
Green pancakes with spinach and chicken baked with cheese	Stewed chicken wings with root vegetables	Adana lamb kebab in pita/lettuce/tomato	Eggplant and minced meat casserole	Chicken steaks in caper sauce

Low fat dish

Stewed pork with fennel	Delicately roasted sesame chicken breast stuffed with broccoli	Turkey stewed in cabbage with dill (kcal.176/100g)	Slow-cooked beef in broth with vegetables	Chicken kebab with vegetables
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Fish

Tilapia in beer batter	Nile perch baked with tomatoes	Baked cod fillet baked with spinach	Sturgeon steak with peach sauce and red pepper	Fish balls in lemon sauce
Miruna with cheese	Pollock in crispy breading	Breaded hake with sunflower seeds	Fish with curry mayonnaise sauce and crispy pumpkin	Pollock breaded with fried onion baked with cheese

Vegan

Cabbage steak	Pasta with peanut sauce/chickpeas/broccoli/red pepper	Vegan pizza with potatoes, white sauce and pesto	Sweet potato/chickpea/spinach/broccoli stew	Aglio, olio e peperoncino - pasta with chili
Mushroom stew with coconut milk	Mexican- Stuffed Sweet Potatoes with Guacamole and Pomegranate (veg)	Poke bowl with spinach, pineapple, and marinated tofu	Chinese cabbage rolls with vegetables and hummus	Grilled sweet potatoes with chimichurri sauce



Red lentil dal	Stuffed eggplant with couscous and almonds	Vegetable stew in aromatic sauce	Pasta in creamy spinach sauce with walnuts (veg)	Vegan moussaka/eggplant/zucchini/potatoes
Vegan Stroganoff with Chanterelles	Stuffed mushroom	Cabbage rolls with mushrooms (veg)	Cauliflower cutlets with egg (veg)	Bulgur and red lentil cutlet with garlic dip (veg)
Soy noodles with vegetables (veg)	Pumpkin and chickpea curry with potatoes and coriander	Vegan chickpea gyros in pita bread	Mexican Fried Rice with Cauliflower	Potato casserole with spinach and feta cheese (veg)
Chocolate pancakes with cottage cheese and banana	Waffles with fruit	Coconut cutlets with millet	Yeast pancakes with apples	Pancakes with tropical fruits

Spinach	Spinach	Spinach	Spinach	Spinach
Brussels sprouts caramelized with sweet chilli and sesame	Warm beets	Carrots with peas and corn	Cappuccino mushrooms	Red cabbage
White cabbage fried with bacon	Cauliflower curry (veg)	Broccoli in curry sauce	Warm beets	Glazed carrots
Steamed vegetable mix	Warm red cabbage with onion	Honey-baked carrots with ginger, chili and sesame	Brussels sprouts	Brussels sprouts
Cauliflower with breadcrumbs	Carrots with peas	Brussels sprouts	A bouquet of vegetables	A bouquet of vegetables
Green beans mix	Broccoli	Broccoli with cauliflower and corn	Cauliflower with breadcrumbs	Yellow beans with breadcrumbs
Grilled vegetables	Grilled vegetables Turkish style	Vegetable mix with sunflower seeds	Italian style vegetables (green beans, carrots, zucchini, corn)	Grilled vegetables

Dumplings

Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings
Pierogi with lentils and cheese in mushroom sauce	Pierogi with meat	Pierogi with sweet cheese	Cepelinai with meat	Dumplings with strawberries

Others

Dumplings with spinach	Silesian dumplings	Hoof dumplings	Silesian dumplings	Pumpkin dumplings with sage butter
Potatoes from water	Mashed potatoes with onion and bacon	Potatoes from water	Potato and celery puree	Potatoes from water
Steak fries	Fried potatoes with vegetables	Wedges fries	Potato slices with bacon and onion	Baked potatoes with rosemary
Buckwheat groats	Buckwheat with onion	Rice with mushrooms	Bulgur	Rice with egg
Rice with carrots and peas	Rice	Couscous with vegetables	Rice	Turkish Bulgur
Pearl barley	Pearl barley	Barley groats	Couscous groats	Couscous with vegetables

Salads

Salad with cream	Salad with Chinese cabbage, kohlrabi, red onion and pepper	Tomatoes with onion	Chinese cabbage salad with carrots	Caprese salad
Leek and carrot salad with apple in cream	Sauerkraut salad	Leek and apple salad	Pickled cucumber, pepper and red onion salad	Sauerkraut salad
Red cabbage salad with onion and mayonnaise	Tomatoes in cream	Red cabbage salad	Coleslaw with white and red cabbage	Butterhead lettuce, radish, cucumber
White cabbage salad with mint	Carrot salad with peach and apple	Beetroot with onion	Broccoli and cauliflower salad with mayonnaise	Carrot salad with apple and horseradish
Beetroot and cucumber salad	Cucumber soup with cream	Coleslaw made of white cabbage with horseradish	Sauerkraut salad	Cucumber soup with cream
Grandma's white cabbage salad	Celery salad with peaches and raisins	Chinese cabbage salad with kale, green cucumber and chives	Korean Beetroot	Red cabbage salad with apple, leek and raisins

Salads

Chickpea salad with sun-dried tomatoes	Yogurt salad with boiled chicken	Broccoli and tomato salad in garlic sauce	Salad with millet, spinach, beetroot and smoked cheese	Pasta salad
Chicken, curry and rice salad	Salad with squash, marinated mushrooms and salami	Salad with couscous, raspberry tomatoes and mint	Greek salad	Salad with crab sticks