

Monday 16-09-2024

Tuesday 17-09-2024

Wednesday 18-09-2024

Thursday 19-09-2024

Friday 20-09-2024

Soups

Chicken and green pea soup with mint
Parsnip and curry soup (veg)

Chanterelle soup with meat
Chickpea soup with tahini (veg)

Chicken and kohlrabi soup with dill
Mushroom soup with millet (veg)

Mexican soup
Tortilla Soup (veg)

Autumn fish soup with fried cod
Cream of cauliflower soup with leek

Mains

Pork chop in mushroom breadcrumbs
Chicken in pumpkin sauce with spicy curry
Mongolian Beef
Turkey in Creamy Celery Sauce
Balkan pljeskavica
Pork in carrot and ginger sauce

Chicken in spicy breadcrumbs with pumpkin seeds
Spicy ribs in plum and chilli sauce
Thai Red Curry with Chicken
Beef in green bean and cilantro sauce
Chicken in green olive and basil sauce
Orzo Pasta Bolognese

Turkey mince with prunes
Spicy duck with apples and ginger
Indonesian Chicken Satay
Turkey in broccoli sauce
Beef in carrot and turmeric sauce
Chicken in parsley and caper sauce

Pork neck in crispy walnut breadcrumbs
Carnitas
Tacos al Pastor
Cooked turkey pieces with fresh spinach and a mix of roasted seeds
Chiles en nogada (peppers stuffed with meat)
Fajitas

Pork in sesame and honey breadcrumbs
Pork tenderloin in mustard and cayenne pepper sauce
Malaysian Rendang
Chicken in yogurt and dill sauce
Beef in red pepper sauce
Turkey in green pepper sauce

Low fat dish

Lean beef goulash with pumpkin and green beans

Stewed chicken with sweet potatoes and spinach in a light vegetable broth

Chicken in a light balsamic sauce with mushrooms and onions

Turkey in curry sauce with yogurt

Chicken in lemon and ginger sauce

Fish

Fish in lemon-butter sauce
Fish in pumpkin pie

Cod in tikka masala sauce
Fish in pepper batter

Fish in sauce with pumpkin puree and thyme
Fish in mustard and honey batter

Pescado a la veracruzana (fish in tomatoes)
Breaded fish with parmesan and black pepper

Fish in baked carrot sauce
Fish in golden breadcrumbs

Vegan

Creamy mushroom sauce with pasta

Roasted vegetables in tahini and garlic marinade

Vegan Pumpkin and Chickpea Pancakes

Cauliflower Nugget

Vegan Kale and Lentil Curry

Vegan buckwheat meatballs in red cabbage sauce

Chickpeas in Roasted Onion and Cranberry Sauce

Beetroot vegan goulash

Vegan Baked Falafels with Sweet Potatoes and Dill

Baked cabbage leaves stuffed with bulgur and dried plums



Gnocchi with baked beetroot and feta cheese
Pasta with baked tomato and spinach sauce

Barley ragout with roasted vegetables
Baked Sweet Potatoes with Black Beans and Corn

Udon noodles with tofu and vegetables
Fejoada

Halloumi in a creamy tomato and butter sauce
Chana masala with chickpeas

Risotto with roasted mushrooms and parmesan
Ratatouille with mozzarella

Vegetarian croquettes with mushrooms

Lentil and feta cheese cutlets in tomato sauce

Dill cabbage cutlets

Gigantes Plaki

Baked mushrooms with lentils and tomatoes

Pancakes with cottage cheese and cherries

Pancakes with apple

Cottage cheese pancakes with raisins

Sponge cake pancakes with banana

Spelt pancakes

Spinach

Spinach in curry

Spinach with mushrooms

Spinach with dried tomatoes

Spinach with caramelized onion

Mushrooms in cream sauce with dill

Mushrooms in soy sauce with honey

Mushrooms in tomato sauce with basil

Mushrooms in herbal sauce with thyme

Mushrooms in horseradish-cream sauce

Warm beets

Beetroot in balsamic sauce

Stewed beetroot with cumin and paprika

Beetroot in mustard sauce with honey

Beetroot in ginger sauce with coriander

Broccoli with garlic and roasted almonds

Baby carrots with dill

Cauliflower with nutmeg

Green beans with breadcrumbs

Steamed vegetables

Green beans with pumpkin seeds

Cauliflower cooked with turmeric

Carrot and sesame duet

Cauliflower and broccoli mix

Broccoli with corn

Brussels sprouts with bacon

Pumpkin cooked with honey

Broccoli with breadcrumbs

A bouquet of vegetables

Cauliflower

Grilled vegetables

Grilled vegetables

Grilled vegetables

Grilled vegetables

Grilled vegetables

Dumplings

Russian dumplings
Pumpkin Pierogi

Russian dumplings
Pierogi with mushrooms

Russian dumplings
Pierogi with sweet potatoes and feta cheese

Russian dumplings
Pierogi with sauerkraut and dried plums

Russian dumplings
Pierogi with cream cheese and zucchini

Others

Dumplings with spinach
Potatoes with dill butter
Fries
Buckwheat groats
Bulgur
Pearl barley

Silesian dumplings
Mashed potatoes with green peas
Potato boats
Millet groats
Couscous groats
Barley groats

Pumpkin dumplings
Potatoes with dill butter
Potato slices
Buckwheat with onion
Bulgur with dried tomatoes
Pearl barley with lentils

Silesian dumplings
Mashed potatoes with pumpkin
Fries
Millet with vegetables
Couscous with zucchini
Barley groats with stewed mushrooms

Beetroot dumplings
Potatoes with dill butter
Potato boats
Buckwheat with onion and mushrooms
Bulgur with parsley
Pearl barley with fresh herbs

Salads

Red cabbage salad with apple
Celery and carrot salad
Beetroot and apple salad
Leek and carrot salad
Kohlrabi and cucumber salad
Chinese cabbage salad with carrots and sesame seeds

Radish and cucumber salad
Brussels sprout and apple salad
Kohlrabi and carrot salad
Parsley root and apple salad
Green bean and pepper salad
Cauliflower and red onion salad

Zucchini and tomato salad
Beetroot and cucumber salad
Carrot and coriander salad
Kohlrabi and apple salad
Spinach and radish salad
Young cabbage and dill salad

Sauerkraut and apple salad
Kohlrabi and pear salad
Radish and celeriac salad
Cauliflower and cherry tomato salad
Celery and red onion salad
Red cabbage and pepper salad

Broccoli and red onion salad
Zucchini and pepper salad
Young beetroot and cucumber salad
Turnip and carrot salad
Green bean and tomato salad
Pickled cucumbers

Salads

Greek salad
Pasta salad with chicken and vegetables

Chicken and mango salad
Penne Pasta and Pesto Salad

Caprese salad
Salad with pearl barley and chicken

Caesar salad with chicken
Salad with bulgur and chickpeas

Tuna salad
Pasta salad with bacon and peas