

**Monday 21-10 -2024**

**Tuesday 22-10-2024**

**Wednesday 23-10-2024**

**Thursday 24-10-2024**

**Friday 25-10-2024**

	Monday 21-10 -2024	Tuesday 22-10-2024	Wednesday 23-10-2024	Thursday 24-10-2024	Friday 25-10-2024
<b>Soups</b>	Minestrone (veg)	Cream of pumpkin soup with coconut milk (veg)	Cauliflower (veg)	Cream of broccoli and spinach soup (veg)	Irish Potato Soup with Ham
	Leek soup with turkey	Horseradish soup with ham and egg	Tomato soup with pasta	Goulash	Fish on smoked mackerel with milk and peas (veg)
<b>Mains</b>	Pork chop	Chicken fillet breaded with almonds	Pork chops with zucchini scented with thyme	Pork steak with onion, mushrooms and parsley	Chicken fillet in corn breadcrumbs
	Filet in white mushroom sauce with rosemary	Chicken drumstick stewed in vegetables with raisins	Pork tenderloin stroganoff	Chicken rolls with spinach and feta cheese	Ribs in BBQ sauce
	Roast pork in pepper sauce	Pork meatballs in dill sauce	Chicken fillet rolled with broccoli and cheese	Pork five flavors	Kung Bao Chicken
	Yellow curry with chicken, cauliflower and mango	Ham baked in Coca-Cola with BBQ sauce	Chicken stomach goulash in cream and horseradish sauce	Mac and Cheese Casserole with Chicken	Chicken cutlet with mushrooms
	Tortilla with grilled chicken and vegetables	Stuffed peppers with meat and rice	Bao Bun with Pulled Pork	Beef Burger with Breaded Camembert and Cumberland	Canelloni with pork
	Mix Grill	Turkey Satay with Peanut Sauce	Buffalo wings	Quesadilla with beef and vegetables	Stewed pork with butter mushrooms
<b>Low fat dish</b>	Slow Cooked Chicken Thigh with Colorful Vegetables	Steamed chicken breast with lime and rosemary	Cooked turkey pieces with fresh spinach and a mix of roasted seeds	Grilled chicken fillet with pumpkin and vegetables	Ginger chicken meatballs in vegetable and tomato sauce
	Hake in breadcrumbs with colored pepper	Tilapia in panko	Fish & chips	Breaded hake	Salmon Fingers on Sweet Potato Fries
<b>Fish</b>	Baked fish with tomatoes, celery and carrots	Baked cod with broccoli and cheese paste	Fish balls in lemon sauce	Green curry with tilapia and nuts	Fish with grilled vegetables
	Corn patties with jalapeno (veg)	Baked sweet potatoes with rosemary (veg)	Sweet potato and lentil patties with thousand island dressing	Baked cauliflower in tomatoes (veg)	Bulgur groats with chickpeas, mushrooms, dried tomatoes, olives and fresh parsley (veg)
<b>Vegan</b>	Indian Muttar tofu (veg)	Aromatic tai curry with cauliflower (veg)	Vegetable Lecho with Chickpeas	Sicilian Caponatta with eggplant, tomatoes, olives and capers (veg)	Sweet potato and chickpea cutlet (veg)
	Lentil stew with roasted vegetables (veg)	Potato, spinach and feta cheese casserole (veg)	Fettucine pasta with pumpkin and butter	Tortilla with vegetables (veg)	Bigos with oyster mushrooms and wild mushrooms
	Thai oyster mushrooms with chow mein noodles (veg)	Cheese breaded in sesame	Pancakes with broccoli and cheese (veg)	Yellow rice fried with vegetables	Wholegrain pasta with spinach, tomato and feta cheese in kale pesto (veg)
	Breaded eggplant	Buckwheat cutlets with zucchini and carrots	Italian schiacciata with mozzarella, grilled vegetables, tomato sauce	Millet cutlet with beetroot and tomato baked with cheese	Roasted pumpkin, sweet potatoes with Brussels sprouts and chilli (veg)
	Chocolate pancakes with cheese and coconut	Plum and almond crumble	Kefir pancakes with fruit	Pancakes with apples	Apples with raisins and cinnamon under crumble
	Spinach	Spinach	Spinach	Spinach	Spinach
	Mushrooms in cheese sauce	Broccoli in curry sauce	Warm beets	Fried red cabbage	Broccoli in cheese sauce
	Warm beets	Fried cabbage	Carrots with peas	Mushrooms in cream	Mushrooms in soy sauce
	A bouquet of vegetables	Broccoli with sunflower seeds	Cauliflower with sesame	Cauliflower with broccoli and roasted pumpkin	Broccoli in béchamel sauce
	Green beans mix	Carrots with peas and breadcrumbs	Steamed vegetable mix	Mini carrots with sesame seeds	Cauliflower with breadcrumbs
	Carrots with breadcrumbs and chives duet	Cauliflower with garlic, parsley and breadcrumbs	Brussels sprouts	Beans mix	Carrot and sesame duet
	Grilled vegetables	Turkish Grilled Vegetables	Grilled vegetables	Grilled vegetables Italian style	Grilled vegetables
<b>Dumplings</b>	Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings
	Dumplings with feta cheese and pumpkin	Dumplings with lentils	Dumplings with white sausage and marjoram	Fried dumplings	Dumplings with cheese and raspberries
<b>Others</b>	Silesian dumplings	Dumplings with spinach	Silesian dumplings	Pumpkin dumplings	Silesian dumplings
	Boiled potatoes with dill butter	Baked potatoes with rosemary	Potatoes from water	Mashed potatoes with carrots	Boiled potatoes with dill butter
	Wedges fries	Mashed potatoes	Baked potatoes with garlic and marjoram	Baked potatoes	STEAKHOUSE fries
	Bulgur with tomatoes and mint	Couscous with vegetables (veg)	Rice with mushrooms	Millet groats	Brown rice
	Yellow rice	Wild rice	Turkish Bulgur	Rice with parsley pesto	Buckwheat with onion
	Pearl barley with green peas	Buckwheat groats	Pearl barley with broccoli, spinach and peas	Porridge with wild mushrooms (veg)	Pearl barley in tomato sauce with parsley
<b>Salads</b>	Grandma's white cabbage salad	Coleslaw made of white cabbage with horseradish	Salad with white and red cabbage, carrots, corn and leek	White cabbage and carrot salad	Salad with white cabbage, pickled cucumbers and apples
	Salad with cream	Cucumber salad with French mustard	Pickled cucumber	Leek and apple salad	Carrot and pineapple salad
	Red beetroot and onion salad	Korean Beetroot	Red beetroot and onion salad	Beetroot and cucumber salad	Red beetroot and onion salad
	Kohlrabi and cucumber salad	Butterhead lettuce, radish, cucumber	Cauliflower and broccoli salad	Salad with cream	Leek salad
	Red cabbage salad with carrots and raisins	Chinese cabbage salad with carrots	Celery, apple and cucumber salad with yogurt	Sweet pumpkin and apple salad	Pickled cucumber salad
	Kimchi	Kimchi	Kimchi	Kimchi	Kimchi
<b>Salads</b>	Broccoli and tomato salad in garlic sauce	Salad with millet, spinach, beetroot and smoked cheese	Asian salad with marinated pork neck in soy sauce	Chickpea salad with sun-dried tomatoes and baked pumpkin	Cous cous salad
	Salad with smoked cheese and spinach	Gyros salad	Caesar salad (egg, croutons)	Salad with catalpa sticks	Yogurt salad with boiled chicken