

### Monday 21/10/2024

### Tuesday 22-10-2024

### Wednesday 23/10/2024

### Thursday 24/10/2024

### Friday 25/10/2024

#### Soups

Cabbage soup with meat and smoked plum

Split pea soup

Cucumber

Goulash soup with cumin and smoked paprika

Thai Tom Kha Kai Soup with Chicken

Mushroom soup with pasta (veg)

Cauliflower (veg)

Spicy Sweet Potato and Red Lentil Soup

Creamy pumpkin soup with coconut milk and chilli flakes (veg)

Vegetable soup with chanterelles

Chicken fillet breaded with sunflower seeds

Breaded pork loin

Chicken strips

Chicken fillet Parisian style

Chicken mince with vegetables

Minced meat cutlet with green lentils

Tortilla with chicken gyros, fresh vegetables and bang bang sauce

Oriental pork meatballs in teriyaki sauce

Pork roulade stuffed with egg

Chicken thigh baked with spinach and feta cheese

Czech dumplings with roasted pork neck in its own sauce

Steak with egg

Chicken fillet in chanterelle sauce

Pork goulash with pumpkin and carrots

Enchilada with pork and vegetables

#### Mains

Chicken gyros

Pork kofta in tomato and yogurt sauce

Indian butter chicken with fresh coriander

Roasted duck with pumpkin and plums

Chicken gyros

Chicken tenderloins in a cream-thyme sauce with onion and mushrooms

Chicken roulade stuffed with spinach

Roasted pork neck in gravy

Lasagne with minced meat, pumpkin and béchamel sauce

Liver fried with onion and mushrooms

Pasta with chicken in tomato sauce with chilli

Crispy chicken pieces with mango-jalapeno sauce

Spaghetti in a spicy beef and pork bolognese sauce

Roasted chicken with curry and Hokkaido pumpkin

Chicken legs in honey mustard sauce

Sweet and sour pork

Oriental ribs in aniseed marinade

Pork in hoisin sauce

Chicken Kong Bao

Pork with mushrooms

#### Fish

Cod in panko

Baked Miruna with cheese and dill paste

Cod medallions with garlic and chive dip

Cod in Cornflakes

Cod in golden breadcrumbs with almonds

#### Vegan

Vegetable stew with lentils

Chickpeas fried with dried tomatoes, capers and young spinach

Curry with tofu, eggplant and tomatoes with coconut milk

Falafell with sesame pumpkin dip

Chana masala - chickpeas in tomatoes and spices

Lentil meatballs in sweet soy sauce (veg)

Pan-fried potatoes in cream sauce with mushrooms

Corn patties with jalapeno (veg)

Baked cauliflower in tomatoes (veg)

Quesadilla with vegetables (veg)

Hokkaido Pumpkin with Root Vegetables

Breaded cheese

Sweet potato with spicy Brussels sprouts (veg)

Tom Yum Fried Rice (veg)

Peçzotto with dried tomatoes, capers and creamy gorgonzola cheese

Indian sweet potato and lentil cutlets (veg)

Plums under crumble

Aloo gobi (cauliflower, potatoes, tomatoes, peas)(veg)  
potato pancakes

Sweet potato and lentil patties with thousand island dressing (veg)  
Potato pancakes with pumpkin

Vegetable stew with lentils

Baked vegetables with herbs

Potato pancakes

potato pancakes

Grilled vegetables with basil pesto

Spinach in cream

Spinach in cream

Spinach in cream

Spinach in cream

Spinach in cream

Fried beets

Fried cabbage

Fried cabbage

Red cabbage

Mushrooms with parsley

Mushrooms in cream

Carrots with peas

Cappuccino mushrooms

Carrots with peas

Carrot with sesame

A bouquet of vegetables

A bouquet of vegetables

A bouquet of vegetables

A bouquet of vegetables

A bouquet of vegetables

Green beans

Cauliflower with breadcrumbs

Broccoli with almonds

Green beans

Cauliflower with broccoli

#### Vegetables

Russian dumplings

Russian dumplings

Russian dumplings

Russian dumplings

Russian dumplings

Dumplings with meat

Dumplings with spinach

Dumplings with meat

Plum dumplings

Dumplings with meat

Potato dumplings

noodles

Potato dumplings

Pumpkin dumplings

Potato dumplings

New potatoes with dill

Potatoes with dill

Potatoes with dill

Potatoes with dill

Potatoes with dill

#### Others

Baked potatoes with garlic

Fried potatoes with vegetables

Fried potatoes with vegetables and fried eggs

Fried potatoes with pumpkin and vegetables with a fried egg

Potatoes fried with garlic and marjoram

Rice

Rice

Rice

Rice

Rice

Buckwheat groats

Pearl barley

Buckwheat groats

Bulgur with vegetables

Buckwheat groats

Couscous groats

Bulgur with tomatoes

Couscous groats

Pearl barley

Couscous groats

#### Salads

Coleslaw

Coleslaw

Coleslaw

Coleslaw

Coleslaw

Beetroot salad

Pickled cabbage salad

Beetroot salad

Italian cabbage salad

Beetroot salad

Red cabbage salad with apple

Chinese cabbage salad

Carrot and apple salad

Chinese cabbage salad with corn

Carrot and apple salad

Carrot and apple salad

Tomatoes with onions

Pickled cucumber salad with peppers and honey mustard sauce

Sauerkraut with onion and apple

Pumpkin salad with orange

Pumpkin salad with orange

Carrot and orange salad

Carrot and apple salad

Pumpkin, carrot and apple salad

Sauerkraut salad

Butterhead lettuce with tomato, cucumber and cream

Greek salad

Butterhead salad with cream and radish

Butterhead salad with cream and radish

Salad Niçoise



Vegetarian