


MEET & EAT.

Bistro and more

MENU 49 Week our menu on www.meet-and-eat.pl

	Monday 02-12 -2024	Tuesday 03-12-2024	Wednesday 04-12-2024	Thursday 05-12-2024	Friday 06-12-2024
Soups	Rumford soup (groats, peas, beans, potatoes, vegetables)	Tripe in the Zamość style	Creamy French Chicken and Chive Soup	Cheese leek soup with meat	Spicy chicken curry soup
	Carrot cream with orange and ginger (veg)	Mushroom (veg)	Cream of red beetroot with horseradish (veg)	Celery and apple cream with roasted walnuts (veg)	Corn soup (veg)
Main	Chicken in sesame dough Gypsy cauldron with sausage	Baked pork loin with beans Cornbreaded wings	Chicken fillet Parisian style Pizza with salami, red onion and corn	Pork chop in thyme breadcrumbs Steak in mushroom sauce	Cordon bleu in cornflake breadcrumbs Spanish-Style Turkey Escalopes
	Chicken tenderloin in cheese sauce with basil	Chicken and spinach kofta in tomatoes	Penne carbonara pasta	Roasted Provençal-style thigh	Baked chicken drumstick with sun-dried tomatoes and cheddar cheese
	Chicken rolls with grilled peppers and mozzarella	Roast pork in hunter's sauce	Chicken gyros with onion, mushrooms and peppers	Grilled tortilla with chicken, vegetables, mango salsa and chilli	Pork ragout with pepper
	Risotto with chicken, mushrooms, tomatoes and parmesan	Penne pasta with chicken in mushroom sauce	General Tso's Chicken	Teriyaki turkey with mushrooms	Pork roll with peas and carrots
	Tandoori chicken	Greek lasagna (pork, tomatoes, eggplant, feta cheese)	Hungarian Pork Goulash	Ribs stewed in onion	Caramel pork
Low fat dish	Slow Cooked Chicken Thigh with Colorful Vegetables	Chicken fillet stewed in tomatoes with lentils, Indian style (kcal.169/100g)	Steamed salmon with colorful vegetables (kcal.170/100g)	Chicken meatballs in broth with vegetables (kcal.178/100g)	Boiled chicken fillet with vegetables (kcal.151/100g)
	Fish	Fish cutlet with jalapeno and olive	Baked hake with tomatoes and lemon slices	Hake in panko	Salmon in lemon sauce
Tilapia in coconut batter with lemon		Baked salmon trout with orange	Fillet of St. John's wort with Hollandaise sauce	Breaded fillet of lime	Fish with cottage cheese paste and dried tomatoes
Vegan	Baked sweet potatoes with rosemary (veg)	Curry with tofu, eggplant and tomatoes with coconut milk	Zucchini and tomato soup (veg)	Pasta alla Norma (veg) (tomatoes, eggplant)	White bean and root vegetable patties (veg)
	Vegetable Treat (veg)	Zucchini, eggplant and tomato pyramids with basil pesto (veg)	Rice balls with lentils in tomato-vegetable sauce (veg)	Paella with vegetables (veg)	Indian Muttar tofu (veg)
	Cabbage rolls with mushrooms (veg)	Gnocchi with dried tomatoes, spinach and parmesan (veg)	Aloo gobi (cauliflower, potatoes, tomatoes, peas)(veg)	Indian sweet potato and lentil cutlets (veg)	Lasagne with wild mushrooms and parsley (veg)
	Oriental noodles with pak choi cabbage (veg)	Potato and broccoli cutlets	Pizza with broccoli, blue cheese and garlic	Kaszotto with zucchini and mushrooms (veg)	Tofu with spinach curry sauce (veg)
	Sweet and sour tofu with vegetables (veg)	Chinese stuffed zucchini (veg)	Buckwheat patties with broccoli and rocket (veg)	Eggplant Egyptian Style (veg)	Tagine (sweet potato, zucchini, chickpeas, raisins) (veg)
	Chocolate pancakes with cheese and peaches	Pancakes with apples	Pancakes with chocolate cream and nuts	Cottage cheese pancakes with raisins	Pancakes with cheese and fruit
	Spinach	Spinach	Spinach	Spinach	Spinach
	Glazed carrots	Mushrooms in teriyaki sauce	Broccoli in curry sauce	Mushrooms in cream	Carrots with peas
	Fried cabbage with bacon	Carrots with peas and corn	Warm beets	Fried cabbage with bacon	Warm beets
	A bouquet of vegetables	Green beans mix	Cauliflower with sesame	A bouquet of vegetables	A bouquet of vegetables
	Yellow beans with breadcrumbs	Mixed vegetables with breadcrumbs	Mix of vegetables with sunflower seeds	Mini carrots with sesame seeds	Cauliflower with breadcrumbs
	Cauliflower with broccoli and roasted pumpkin	Broccoli with sunflower seeds	Brussels sprouts	Broccoli and cauliflower with breadcrumbs	Brussels sprouts
Grilled vegetables Italian style	Grilled vegetables	Grilled vegetables Turkish style	Vegetable fries (beetroot, parsnip, carrot) with cheese sauce	Grilled vegetables	
Dumplings	Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings	Russian dumplings
	Cepelinai with meat	Pierogi with cheese, sweet	Pelmeni with meat	Pierogi with duck and plums	Grandma's dumplings
Extras	Hoof dumplings	Silesian dumplings	Hoof dumplings	Spinach dumplings	Silesian dumplings
	Potatoes from water	Baked potatoes with rosemary	Boiled potatoes with dill butter	Mashed potatoes with onion	Boiled potatoes with dill butter
	Mashed potatoes	Vegetable fries (beetroot, parsnip, carrot) with cheese sauce	Wedges fries	Baked potatoes with garlic and marjoram	Fried potatoes with vegetables
	Buckwheat groats	Couscous with vegetables	Rice with vegetables	Pearl barley	Rice
	Rice	Yellow rice	Turkish Bulgur	Rice with parsley pesto	Couscous with vegetables
	Pearl barley with green peas	Buckwheat with onion	Buckwheat groats	Porridge with wild mushrooms (veg)	Buckwheat groats fried with kale, pumpkin and feta cheese (veg)
Salads	Red cabbage salad	Chinese cabbage salad	Salad with white and red cabbage, carrots, corn and leek	Salad with leek and radish	Salad with white cabbage, corn, leek and parsley
	Salad with beets, chickpeas and nuts	Beetroot with onion	Red beetroot and onion salad	Chinese cabbage salad with corn	Carrot and cranberry salad
	Sauerkraut salad	Pumpkin, leek and corn salad	Carrot and orange salad	Red cabbage salad with onion and mayonnaise	Beetroot and cucumber salad
	Pickled cucumber and onion salad	White cabbage salad with dill	Celery salad	White radish salad	Red cabbage, onion and orange salad
	White radish salad	Pickled cucumber salad	Chinese cabbage salad with leek	White cabbage salad with horseradish	Swedish salad
	Pumpkin and apple salad	Carrot and apple salad	Coleslaw with white cabbage	Sauerkraut salad	Pumpkin, carrot and apple salad
Salads	Gyros salad	Salad with crab sticks	Greek salad	Salad of baked beetroot, mozzarella and basil	Pasta salad
	Moroccan salad with couscous	Arugula and avocado salad	Butterhead lettuce, radish, cucumber	Hawaiian salad (chicken, pineapple)	Fajita salad with grilled chicken and peppers