

	Monday 18.12.2017	Monday 19.12.2017	Monday 20.12.2017	Monday 21.12.2017	Monday 22.12.2017
IBMer's Lunch Meal of the day 1	Breaded chicken fillet	Pork loin chop in oatmeal	Tortilla with grilled chicken and fresh vegetables	Pork loin chop stuffed with sausage in mushroom sauce	Chicken curry with zucchini
	Yellow rice	Boiled potatoes	Roast potatoes	Boiled potatoes	Rice with vegetables
Meal of the day 2	Coleslaw with pepper	Beetroot salad with sunflower seeds	White cabbage slaw with horseradish	Beetroot salad with onion	Carrot salad with horseradish and cream
	Pork stew with zucchini, peppers and mushrooms	Chicken liver with onions and apples	Fiery kebab (spicy)	Turkey ragu	Pork a la Stroganoff
Meal of the day 3 *** VEGETARIAN ***	Boiled potatoes	Buckwheat groats	Boiled potatoes	Wild rice	Boiled potatoes
	Beetroot salad with onion	Sauerkraut salad	Red caggage salad with onion and mayonnaise	Peking cabbage & corn salad	Beetroot salad with onion
Meal of the day 3 *** VEGETARIAN ***	Bouuble and squeak (veg)	Pumpkin stew with tofu, peppers, chickpeas and coconut milk (veg)	Indian sweet potato & lentil cutlet (veg)	Millet cutlet with beets and tomato baked under cheese (veg)	Courgette, mix peppers & beans lecho (veg)
	Buckwheat with onion	Rice with vegetables	Rice with mushrooms and peas	Roast potatoes	Bulgur wheat
	Swedish Salad	Carrot, peach and apple salad	Carrot and oranges salad	Coleslaw with broccoli and leek	White cabbage salad with dill
Grill - Live cooking	Grilled chicken breast with fresh herbs on a pillow of noodle salad	Potato fritter with pork goulash and sour cream	Oriental noodles with chicken breast and vegetables	Beef burger with blue cheese, tomato and onion	Grilled cod fillet with garlic butter and fresh herbs
FIT Dish	Whole grain pasta with chicken tenderloins and spinach	Pasta with bolognese spicy sauce	Pasta with Mexican sauce with minced chicken, black beans, colorful peppers and chillies	Penne carbonara	Pasta with turkey, pepper and zucchini in tomato-cream sauce
Soup	Sour cucumber soup	Tripe soup with tomatoes	Sour cucumber soup	Split pea soup	Broth with noodles
	Cauliflower soup (veg)	Cauliflower soup (veg)	Red lentil dahl soup (veg)	Topinambur cream soup	Spicy fish soup
Mains	Pork Neck baked in mustard sauce	Chicken liver with onions and apples	Fiery kebab (spicy)	Turkey ragu	Rigatoni with ground pork
	Breaded chicken fillet	Pork cutlets in mushroom sauce	Tortilla with grilled chicken and fresh vegetables	Pork loin chop stuffed with sausage in mushroom sauce	Chicken fillet Hawaiian style (with coconut chips)
	Pork stew with zucchini, peppers and mushrooms	Chicken liver with onions and apples	Pork meatballs in tomato sauce	Tandoori chicken	Pork ribs in sauteed sauerkraut
	Sweet and sour chicken wings	Pork loin chop in oatmeal	Chicken brast in cornflake batter	Chicken curry with zucchini	Chicken curry with zucchini
	Pork tenderloins stewed with leeks	Chicken shoarma with vegetables and cheese	Pork with zucchini and bamboo shoots	Ground chicken cutlet stuffed with cheese and ham	Pork a la Stroganoff
	Barley risotto with baked veggies, mushrooms and pumpkn seeds (veg)	Pumpkin stew with tofu, peppers, chickpeas and coconut milk (veg)	Aloo gobi (cauliflower, potatoes, tomatoes, peas) (veg)	Oriental chickpeas with onion, tomatoes and zucchini (veg)	Courgette, mix peppers & beans lecho (veg)
	Pollock fish in curry batter	Fish in Greek way	Ground fish cutlet with egg and veggies	Cod in peanut breadcrumbs with parsley	Tilapia roasted with spinach
Vegetarian one-pot dish	Bouuble and squeak (veg)	Cabbage rolls stuffed with millet &spinach (veg)	Indian sweet potato & lentil cutlet (veg)	Millet cutlet with beets and tomato baked under cheese (veg)	Noodle gratin with mozzarella and veggies (veg)
Others	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with spinach (8pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies stuffed with mushrooms and potatoes (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes stuffed with sweet cheese and strawberries	Chocolate pancakes with sweet cheese and cherries	Pancakes stuffed with sweet cheese and raspberries	Chocolate pancakes with sweet cheese and raspberries	Pancakes with sweet cheese and orange
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
Salads	Coleslaw with pepper	White cabbage salad with cucumber and tomato	White cabbage slaw with horseradish	Coleslaw with broccoli and leek	White cabbage salad with dill
	Beetroot salad with onion	Beetroot salad with sunflower seeds	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot salad with apple in cream	Carrot, peach and apple salad	Carrot and oranges salad	Carrot slaw with raisins	Carrot salad with horseradish and cream
	Swedish Salad	Peking cabbage and leek salad	Red caggage salad with onion and mayonnaise	Peking cabbage & corn salad	Leek salad
	Blanched red cabbage salad	Sauerkraut salad	Leek and apple salad	White turnip & radish salad	Sauerkraut salad
	Vegetarian salad	Avocado, pomegranate and pork	Salad with chicken and vegetables in curry sauce	Rocket salad with oranges, nuts and honey sauce	Greek salad
Vegetables	Spinach	Spinach	Spinach	Spinach	Spinach
	Cauliflower with breadcrumbs	Brussels sprouts	Steamed vegetables	String beans mix	Cheese couilflower
	Mixed vegetables	Yellow beans with breadcrumbs	Mini carrots with sesame seeds	Mixed oriental veggies	Carrot duo with chive and bread crubms
	Carrot with peas and pumpkin	Carrot with peas and pumpkin	Mushrooms in cream	Mushrooms in cream	Fried cabbage with bacon
Sides	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes
	French fries	French fries	French fries	French fries	French fries
	Dumplings	Dumplings	Dumplings	Dumplings	Dumplings
	Yellow rice	Rice with vegetables	Rice with mushrooms and peas	Wild rice	Rice with vegetables
	Buckwheat with onion	Buckwheat groats	Couscous with vegetables	Barley	Bulgur wheat