

	Monday 21-08-2017	Tuesday 22-08-2017	Wednesday 23-08-2017	Thursday 24-08-2017	Friday 25-08-2017
IBMer's Lunch Meal of the day 1	Country pork stew (with zucchini, peppers and mushrooms)	Chicken fillet in sweet chilli sauce	Roasted pork in gravy	Chicken Roulade stuffed with spinach, cheese and sunflower seeds	Breaded pork chop
	Buckwheat groats	Roast potatoes	Buckwheat with onion	Couscous with vegetables	Rice with mushrooms
Meal of the day 2	Beetroot salad with onion	Carrot & apple salad	Beetroot salad with onion	Carrot salad with horseradish, raisins and cream	Peking cabbage & arugula salad
	Chicken "Cacciatore"	Pork with bamboo shoots	Chicken liver with onions and mushrooms	Peasant pork stew	Fish in Greek way
Meal of the day 3 *** VEGETARIAN ***	Boiled potatoes	Yellow rice	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Mixed cabbage salad with carrot and apple	Coleslaw, red beans and mushrooms	White cabbage slaw with horseradish	Beetroot salad with onion	Carrot salad with peach
Meal of the day 3 *** VEGETARIAN ***	Enchilada with kale, veggies and cheese (veg)	Celeriac and kale cutlets (veg)	Vegetarian gratin with vegetables (veg)	Spicy oatmeal breaded cheese	Zucchini and typu feta cheese fritters with capers (veg)
	Rice with mushrooms	Boiled potatoes		Roast potatoes	Roast potatoes
	Carrot and oranges salad	Beetroot salad with onion	Chinese cabbage & sprouts salad	Coleslaw with broccoli and leek	Beetroot salad with onion
Grill - Live cooking	Chinese fried noodles with marinated chicken and mun mushrooms	Potato fritters with beef stew stewed in dark beer	Beef burger with fried slice of bacon and sauce remoulade	Thai Green Chicken Curry	Baltic Cod grilled with mixed herbs
Warming Dish	Chicken bites baked with zucchini and linseed	Pork loin baked with ginger and vegetables	Steamed chicken breast with lime and thyme	Pork tenderloins in spicy tomato sauce with a note of chilli	Baked fat-free chicken pocket stuffed Italian way
Soup	Broth with noodles	Red beetroot & vegetable soup	Broth with noodles	Mexican soup	Garlic soup with bacon and cheese
	Vegetable soup (veg)	Vegetable soup (veg)	Green peas and kale cream soup with croutons (veg)	Forest mushrooms soup with dumplings (veg)	Spinach soup with blue cheese(veg)
Mains	Chicken "Cacciatore"	Tagliatelle with chicken and oyster mushrooms	Chicken liver with onions and mushrooms	Pork cutlets in pepper sauce	Chicken breast with tomatoes and cheese
	Pork steaks with tomato and curry sauce	Chicken fillet in sweet chilli sauce	Roasted pork in gravy	Chicken Roulade stuffed with spinach, cheese and sunflower seeds	Pork with vegetables
	Chicken fillet with coconut	Tagliatelle with chicken and oyster mushrooms	Chicken fillet breaded with cornflakes	Pork meat balls in napoli sauce baked under cheese	Kung pao chicken
	Country pork stew (with zucchini, peppers and mushrooms)	Chimichuri chicken tenderloins in a crispy tortilla	Georgian pork ragout	Breaded pork chop	Breaded pork chop
	Chicken stew	Pork ribs in gravy	Chicken curry with sweet potatoes, multi-colour peppers and broccoli	Peasant pork stew	Chicken wings braised in vegetables
	Enchilada with kale, veggies and cheese (veg)	Celeriac and kale cutlets (veg)	Vegetarian gratin with vegetables (veg)	Spicy oatmeal breaded cheese	Zucchini and typu feta cheese fritters with capers (veg)
Hoki in sunflower seeds breading	Hake roasted with tomatoes and slices of lemon	Breaded hake fish	Pollock in crispy breading	Breaded hoki fish with sesame seeds	
Vegetarian one-pot dish	Barley risotto with baked veggies, mushrooms and pumpkn seeds (veg)	Vegetarian pot with beans, sweet corn, lentils and vegetables	Barley with green peas	Sweet & sour Tofu & veggies (veg)	Penne alla diavola (spicy tomatoes) (veg)
Others	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies stuffed with mushrooms and potatoes (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with vanilla cottage cheese and cranberries	Chocolate pancakes with sweet cheese and cherries	Pancakes stuffed with sweet cheese and peach	Chocolate pancakes with sweet cheese and raspberries	Pancakes with sweet cheese and black currants
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
Salads	Mixed cabbage salad with carrot and apple	Coleslaw, red beans and mushrooms	White cabbage slaw with horseradish	Coleslaw with broccoli and leek	White cabbage with roasted peanuts and carrot
	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot and oranges salad	Carrot & apple salad	Carrots and pineapple salad	Carrot salad with horseradish, raisins and cream	Carrot salad with peach
	Peking cabbage and leek salad	Chienese cabbage with kale, cucumber and chive	Chinese cabbage & sprouts salad	Peking cabbage & corn salad	Peking cabbage & arugula salad
	Tomato and cucumber salad	Lettuce, radish and cucumber salad	Tomatoes and onions	Cucumber salad with sour cream	Sauerkraut salad
Spring salad with redish, tomato and egg	Salad with chicken and sunflower seeds	Roasted zucchini salad with typu feta cheese, tomato and red onion	Chicken, celery and orange salad	Greek salad	
Vegetables	Spinach	Spinach	Spinach	Spinach	Spinach
	Broccoli with pickled peppers under beschamel sauce	Green string beens with garlic and bread crumbs	Brussels sprouts	Steamed vegetables	Broccoli, cauliflower & corn
	Mini carrots with sesame seeds	Mixed vegetables	Cauliflower with breadcrumbs	Carrot duo with linseeds	Yellow beans with breadcrumbs
	Fried cabbage with bacon	Cooked beetroot (veg)	Carrots and peas	Carrots and peas	Carrots and peas
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	Spinach dumplings	Dumplings	Dumplings
	Rice with mushrooms	Yellow rice	Rice with vegetables	Wild rice	Rice with mushrooms
	Buckwheat groats	Bulgur wheat	Buckwheat with onion	Couscous with vegetables	Buckwheat groats