

	Monday 16-04-2018	Tuesday 17-04-2018	Wednesday 18-04-2018	Thursday 19-04-2018	Friday 20-04-2018
<b>IBMer's Lunch Meal of the day 1</b>	Panang curry with chicken and peanuts	Ground pork cutlets with cheese	Chicken liver with onions and mushrooms	Chicken breast in Provence herbs breading	Meatballs in cucumber&dill sauce
	Yellow rice	Roast potatoes	Boiled potatoes	Roast potatoes	Rice with vegetables
	Carrot & apple salad	Peking cabbage & corn salad	Carrot and oranges salad	Coleslaw with pepper	White cabbage salad with dill
<b>Meal of the day 2</b>	Pork cutlet breaded with nigella seeds	Chicken sticks in crispy corn breading	Pork cutlets in pepper sauce	Pork stewed with mushrooms	Fish cutlet with vegetables
	Boiled potatoes	Rice with vegetables	Buckwheat with onion	Barley	Boiled potatoes
	Beetroot salad with onion	Carrots and pineapple salad	White cabbage slaw	Beetroot salad with onion	Sauerkraut salad
<b>Meal of the day 3 *** VEGETARIAN ***</b>	Potato cutlet with mushroom sauce (veg)	Courgette, mix peppers & beans lecho (veg)	Rice fritters with Indian vegetables (2pcs)	Vegetarian pumpkin & cheese fritters (veg)	Zucchini-potato pancakes with mint dip and feta cheese (veg)
	Roast potatoes	Boiled potatoes	Roast potatoes	Boiled potatoes	
	White cabbage, carrot and kohlrabi salad	White cabbage salad with cucumber and tomato	Beetroot salad with onion	Chinese cabbage & sprouts salad	Carrot salad with horseradish and cream
<b>Grill - Live cooking</b>	Grilled chicken fillet with salsa	Potato pancakes with onions, peppers, mushrooms, tomato	BBQ Bang Beef Burger	Thai Green Chicken Curry	Grilled cod with salsa
<b>FIT Dish</b>	Turkey bites steamed with zucchini and mushrooms	Oil-free grilled pork chop on vegetable ratatouille	Cooked chicken breast stuffed with vegetables	Steamed chicken breast with lime and thyme	Whole grain pasta with chicken tenderloins and zucchini
<b>Soup</b>	Mexican soup	Leek & cheese soup with meat	Mexican soup	Indian tikka masala soup with pieces of chicken	Fish soup with tomatoes
	Carrot cream sup with coriander (veg)	Carrot cream sup with coriander (veg)	Cauliflower soup (veg)	Spring soup (veg)	Vegan caldo verde soup with kale (veg)
<b>Mains</b>	Chicken breast in cream and cheese sauce with tomatoes and basil	Ground pork cutlets with cheese	Chimichurri chicken breast	Pork stewed with mushrooms	Grilled Florentine chicken fillet
	Pork cutlet breaded with nigella seeds	Chicken sticks in crispy corn breading	Pork loin chops stuffed with cheese	Chimichuri chicken tenderloins in a crispy tortilla	Meatballs in cucumber&dill sauce
	Chicken tenderloins in coconut chips	Ground pork cutlets with cheese	Chicken curry with sweet potatoes, multi-colour peppers and broccoli	Eggplant stuffed with meat and vegetables	Chicken shoarma with garlic sauce
	Pork ribs and prunes stew	Chicken brast in cornflake batter	Pork cutlets in pepper sauce	Asian pork with vegetables and sesame seeds	Asian pork with vegetables and sesame seeds
	Panang curry with chicken and peanuts	Italian Pork Stew (zucchini, eggplant, celery, tomatoes)	Chicken shoarma with garlic sauce	Baked meat in honey with rosemary in its own sauce	Cabbage leaves with meat&rice stuffing in tomato sauce
	Potato cutlet with mushroom sauce (veg)	Courgette, mix peppers & beans lecho (veg)	Rice fritters with Indian vegetables (2pcs)	Vegetarian pumpkin & cheese fritters (veg)	Zucchini-potato pancakes with mint dip and feta cheese (veg)
<b>Breaded cod</b>	Hoki with vegetable salsa	Hake roasted with tomatoes and slices of lemon	Fish baked with tomato, celery and carrots	Fish cutlet with vegetables	
<b>Vegetarian one-pot dish</b>	Bulgur with chickpeas, mushrooms, sun-dried tomatoes, olives and oarslev (veg)	Pancakes with spinach and veggies (veg)	Barley with green peas	Oriental chickpeas with onion, tomatoes and zucchini (veg)	Rice & lentil - khitcherie (veg)
<b>Others</b>	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with spinach (8pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with sweet cheese and orange	Chocolate pancakes with sweet cheese and cherries	Pancakes stuffed with sweet cheese and blueberries	Chocolate pancakes with sweet cheese and raspberries	Pancakes stuffed with sweet cheese and strawberries
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
<b>Salads</b>	White cabbage, carrot and kohlrabi salad	White cabbage salad with cucumber and tomato	White cabbage slaw	Coleslaw with pepper	White cabbage salad with dill
	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot & apple salad	Carrots and pineapple salad	Carrot and oranges salad	Carrot salad with peach	Carrot salad with horseradish and cream
	Peking cabbage and leek salad	Peking cabbage & arugula salad	Chinese cabbage & sprouts salad	Peking cabbage & corn salad	Chinese cabbage with pumpkin & apple
	Tomatoes in cream	Lettuce, radish and cucumber salad	Cucumber salad with sour cream	Tomatoes and onions	Sauerkraut salad
Salad mix (corn, pepper, tomato, cucumber)	Cauliflower salad	Chef's salad with chicken and croutons	Vegetable salad with granulated onion	Greek salad	
<b>Vegetables</b>	Spinach	Spinach	Spinach	Spinach	Spinach
	Broccoli with sunflower seeds	Mixed vegetables	Italian style veggies (green beans, carrot, zucchini & corn)	Yellow beans with breadcrumbs	Mixed vegetables with breadcrumbs
	Carrot duo with chive and bread crubms	Cauliflower with breadcrumbs	Brussels sprouts	Steamed vegetables	Glazed carrots
	Fried cabbage with bacon	Mushrooms in cream	Carrot with peas and pumpkin	Carrot with peas and pumpkin	Blue cabbage
<b>Sides</b>	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
	Yellow rice	Rice with vegetables	Wild rice	Rice with mushrooms	Rice with vegetables
	Buckwheat groats	Couscous with vegetables	Buckwheat with onion	Barley	Bulgur wheat