

| | Monday 19-11-2018 | Tuesday 20-11-2018 | Wednesday 21-11-2018 | Thursday 22-11-2018 | Friday 23-11-2018 |
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| IBMer's Lunch | Chicken in curry sauce | Chicken liver with apples and marjoram | Ground chicken cutlets | Chicken cutlets in sauce zucchini | Pork steak with mustard sauce and vegetables |
| Meal of the day 1 | Rice with vegetables Carrot salad with horseradish and cream | Boiled potatoes Peking cabbage & corn salad | Roast potatoes Chinese cabbage with pumpkin & apple | Boiled potatoes Carrot salad with horseradish and cream | Boiled potatoes Carrot and oranges salad |
| Meal of the day 2 | Ground pork cutlet Boiled potatoes Coleslaw with broccoli and leek | Sweet & sour pork Yellow rice White cabbage, pickled pepper, carrot and cucumber | Pork goulash with beans and smoked bacon Boiled potatoes Beetroot salad with onion | Hunter's pork stew Bulgur wheat Coleslaw with broccoli and leek | Chicken wings in corn breadring Roast potatoes White cabbage, pickled pepper, carrot and cucumber |
| Meal of the day 3 *** VEGETARIAN *** | Potato cutlets with mushrooms (veg) Boiled potatoes Chienese cabbage with kale, cucumber and chive | Cabbage leaf rolls stuffed with millet and spinach in cream Roast potatoes Peking cabbage & corn salad | Cutlets with buckwheat and spinach with garlic dip White cabbage salad with corn, dill and mayonnaise | Red beans, chickpeas & carrot cutlet in tomato&pepper Rice with vegetables Chienese cabbage with kale, cucumber and chive | Chickpeas curry (veg) Italian rice with vegetables (veg) Peking cabbage & corn salad |
| Grill - Live cooking | Stir-fried oriental noodles with pork and spinach | Potato pancakes with onions, peppers, mushrooms, tomato | Chicken gyros tortilla with french fries and coleslaw | Greek Burger (typu feta cheese, sun dried tomatoes, olives) | Hake grilled with herbs |
| FIT Dish | Turkey breast with spinach and sunflower seeds | Chicken fillet wrapped around colour peppers | Oil-free grilled pork tenderloin with broccoli paste and potatoes | Pork tenderloins braised on a vegetable ratatouille | Warming orange Turkey |
| Soup | Broth with noodles Green peas & mint cream soup (veg) | Sorrel soup Diced pumpkin & tomatoes soup (veg) | Red beetroot & vegetable soup Barley groats & vegetable soup (veg) | Split pea soup Neapolitana soup with croutons (veg) | Fish soup with lime leaves Potato & leek soup (veg) |
| Mains | BBQ chicken leg Pork roulade with vegetables Chicken in curry sauce Ground pork cutlet Chicken breast in parsnip breadring Breaded pollock stuffed with spinach | Roast of pork in gravy Chicken liver with apples and marjoram Sweet & sour pork Chicken shoarma with vegetables and cheese Ground chicken with mushrooms Fishburger | Ground chicken cutlet stuffed with cheese and ham Croquette stuffed with meat and cheese Pork goulash with beans and smoked bacon Pork tenderloins in paprika Ground chicken cutlets Breaded hoki fish with sesame seeds | Pork loin chop with grilled cauliflower baked under cheese Chicken cutlets in sauce zucchini Hunter's pork stew Chicken stew in tomato sauce with pepper and corn Pork chilli concerne on dark beer Pollock in beer batter | Lasagne with meat and vegetables Chicken wings in corn breadring Chimichurri chicken Pork steak with mustard sauce and vegetables Chicken paella with mixed vegetables Breaded hoki fish |
| Vegan | Asian vegetables with tri-colous tofu (veg) | Cabbage leaf rolls stuffed with millet and spinach in cream sauce (veg) | Buckwheatto with mushrooms, spinach, onion and parsley served with mascarpone (veg) | Falafel with kale and jalapenio | Chickpeas curry (veg) |
| Vegetarian one-pot dish | Noodles with fried cabbage (veg) Potato cutlets with mushrooms (veg) | Cutlets with buckwheat and spinach with garlic dip (veg) Risotto arborio with asparagus (veg) | Cutlets with buckwheat and spinach with garlic dip (veg) Rice baked with apples and cinnamon | Red beans, chickpeas & carrot cutlet in tomato&pepper sauce (veg) Rice noodles with vegetables, mango and black sesame (veg) | Barley with green peas Potato cutlet with mushroom sauce (veg) |
| Others | Pierogies with white cheese&potato (8 pcs) Vanilla pancakes with cottage cheese and nuts Pancakes with apples | Pierogies with spicy potato&cheese filling (8 pcs) Pancakes stuffed with sweet cheese and peach Pancakes with apples | Pierogies stuffed with mushrooms and potatoes (8 pcs) Pancakes stuffed with sweet cheese and raspberries Pancakes with apples | Pierogies stuffed with spinach (8pcs) Pancakes stuffed with sweet cheese and strawberries Pancakes with apples | Pierogies with white cheese&potato (8 pcs) Pancakes with vanilla cottage cheese and cranberries Pancakes with apples |
| Salads | White cabbage slaw with horseradish Beetroot salad with onion Carrot salad with apple in cream Chienese cabbage with kale, cucumber and chive Mozarella salad with red currants Salad with tuna | White cabbage with leek,apple and carrot Beetroot salad with onion Carrot slaw with raisins Peking cabbage & arugula salad Lamb's lettuce with chickpeas, cherry tomatoes and egg Chef's salad with chicken and croutons | Coleslaw, red beans and mushrooms Beetroot salad with onion Carrots and pineapple salad Peking cabbage & corn salad Winter salad with broccoli Salad with ham and celery | Coleslaw with pepper Beetroot salad with onion Carrot salad with peach Chinese cabbage & sprouts salad Greek feast (tomato, pepper, cucumber, red onion, typu feta cheese) Chicken Salad | White cabbage with corn, leek and parsnip Beetroot salad with onion Carrots and raisins salad with orange note Chinese cabbage with green peas and leek Chicken, celery and orange salad Vienna salad |
| Vegetables | Spinach Mixed veggies with sunflower seeds and bread crumbs Glazed carrots Blue cabbage | Spinach Cheese coulfloower String beans mix Mushrooms in cream | Spinach Steamed vegetables Cauliflower with breadcrumbs Carrots and peas | Spinach Broccoli with cheese sauce Carrot duo with bread crumbs and linseed Fried cabbage with bacon | Spinach Yellow beans with breadcrumbs Mixed vegetables Spinach & beetroot (veg) |
| Sides | Boiled potatoes Roast potatoes Dumplings Rice with vegetables Dumplings | Boiled potatoes Roast potatoes Dumplings Yellow rice Dumplings | Boiled potatoes Roast potatoes Dumplings Wild rice Spinach dumplings | Boiled potatoes Roast potatoes Dumplings Rice with vegetables Dumplings | Boiled potatoes Roast potatoes Dumplings Italian rice with vegetables (veg) Dumplings |