

	Monday 16-10-2017	Tuesday 17-10-2017	Wednesday 18-10-2017	Thursday 19-10-2017	Friday 20-10-2017
<b>IBMer's Lunch Meal of the day 1</b>	Pork cutlets in mushroom sauce	Ground pork cutlet with pumpkin	Enchilada with pork and vegetables	Chicken liver with apples and marjoram	Pork rump steak pork with onion
	Boiled potatoes	Buckwheat with onion	Roast potatoes	Couscous with vegetables	Boiled potatoes
	Coleslaw, red beans and mushrooms	Beetroot salad with onion	Chiense cabbage with kale, cucumber and chive	Beetroot salad with onion	Sauerkraut salad
<b>Meal of the day 2</b>	Chicken curry with kaffir leaves & coconut milk	Crispy chicken legs with mayonnaise	Chicken breast with grilled pumpkin	Peasant pork stew	Chicken breast in honey & mustard sauce
	Yellow rice	Boiled potatoes	Boiled potatoes	Yellow rice with corn, carrot and peas	Barley
	Peking cabbage & corn salad	Carrot & apple salad	White cabbage salad with corn, dill and mayonnaise	Red cabbage and apple salad	Chinese cabbage & sprouts salad
<b>Meal of the day 3 *** VEGETARIAN ***</b>	White bean and veggies cutlets (veg)	Cheese coated in sesame (Veg)	Chickpeas and pumpkin curry with potatoes and coriander (veg)	Breton style beans (veg)	Zucchini and tyfu feta cheese fritters with capers (veg)
	Bulgur wheat	Roast potatoes	Rice with mushrooms	Boiled potatoes	Rice with vegetables
	Carrot slaw with raisins	Coleslaw with pepper	Carrot and oranges salad	White cabbage salad with dill	Carrots and pineapple salad
<b>Grill - Live cooking</b>	Grilled pork neck with Mexican salsa	Oriental style noodles with chicken	Beef burger with smoked cheese, onion, gherkins...	Tex-Mex burrito (pork, rice, veggies,...)	Grilled hake marinated in herbs
<b>FIT Dish</b>	Pasta with broccoli in gorgonzola sauce	Pasta with chicken, sun dried tomatoes, zucchini and sage	Cream & spinach pasta with walnuts (veg)	Penne bolognese with beef	Whole grain pasta with chicken tenderloins and zucchini
<b>Soup</b>	Oyster tripe soup (veg)	Pumpkin & coconut soup with chicken	Oyster tripe soup (veg)	Split pea soup	Fish soup with lime leaves
	Forest mushrooms soup with dumplings (veg)	Forest mushrooms soup with dumplings (veg)	Sour cucumber & smoked bacon soup	Baked beetroot and cherries cream soup (veg)	Carrot cream soup with ginger, cardamon and coconut milk (veg)
<b>Mains</b>	Breaded chicken breast	Ground pork cutlet with pumpkin	Chicken&zucchini kofta in coconut&tomato sauce	Pork loin chop stuffed with sausage in mushroom sauce	Chicken breast in honey & mustard sauce
	Pork cutlets in mushroom sauce	Chicken steak with tomatoes baked under cheese	Slow cook five flavours pork belly	Ground chicken cutlet stuffed with cheese and persley	Pork loin chop in oatmeal
	Chicken curry with kaffir leaves & coconut milk	Ground pork cutlet with pumpkin	Chicken breast with grilled pumpkin	Peasant pork stew	Zucchini stuffed with chicken and vegetables
	Pork neck baked with prunes and bacon	Crispy chicken legs with mayonnaise	Enchilada with pork and vegetables	Pork rump steak pork with onion	Pork rump steak pork with onion
	Baked turkey with vegetables in creame sauce	Pork in oyster sauce	Zucchini stuffed with chicken and vegetables	Ribs with souerkraut	Ribs with souerkraut
	White bean and veggies cutlets (veg)	Cheese coated in sesame (Veg)	Chickpeas and pumpkin curry with potatoes and coriander (veg)	Breton style beans (veg)	Zucchini and tyfu feta cheese fritters with capers (veg)
	Fried fish with tomatoes	Cod with gremolata under cheese	Fish cutlet with vegetables	Pollock in crispy breading	Hoki fish in lemon herb crust
<b>Vegetarian one-pot dish</b>	Red beans and sweet potato goulash (veg)	Egg cutlets (veg)	Spinach lasagne (veg)	Noodles with fried cabbage (veg)	Paella with vegetables (veg)
<b>Others</b>	Pierogies with white cheese&potato (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies stuffed with spinach (8pcs)	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>	Coleslaw, red beans and mushrooms	Coleslaw with pepper	White cabbage salad with corn, dill and mayonnaise	White cabbage salad with dill	White cabbage salad with cucumber and tomato
	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot slaw with raisins	Carrot & apple salad	Carrot and oranges salad	Carrot salad with apple in cream	Carrots and pineapple salad
	Peking cabbage & corn salad	Peking cabbage and leek salad	Chiense cabbage with kale, cucumber and chive	Peking cabbage & arugula salad	Chinese cabbage & sprouts salad
	Lettuce, radish and cucumber salad	Salad with celery, apple and cucumber with yoghurt	Pickled cucumber & onion salad	Red cabbage and apple salad	Sauerkraut salad
<b>Gyros salad</b>	Chickpeas salad with dried tomatoes	Spinach, rocket salad, pear and black sesame		0 Greek salad	
<b>Vegetables</b>	Spinach	Spinach	Spinach	Spinach	Spinach
	Steamed vegetables	Broccoli with curry sauce	Vegetables in batter	Yellow beans with breadcrumbs	Broccoli, cauliflower & corn
	Brussels sprouts	Carrot with sesame seeds	Cauliflower with garlic, parsley & crumbs	Mixed vegetables	Carrot duo with bread crumbs and linseed
	Carrots and peas	Mushrooms in cream	Glazed carrots	Glazed carrots	Fried cabbage with bacon
<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	Spinach dumplings	Dumplings	Dumplings	Dumplings
	Yellow rice	Wild rice	Rice with mushrooms	Yellow rice with corn, carrot and peas	Rice with vegetables
	Bulgur wheat	Buckwheat with onion	Buckwheat groats	Couscous with vegetables	Barley