

	Monday 20-08-2018	Tuesday 21-08-2018	Wednesday 22-08-2018	Thursday 23-08-2018	Friday 24-08-2018
IBMer's Lunch Meal of the day 1	Country pork stew (with zucchini, peppers and mushrooms)	Chimichuri chicken tenderloins in a crispy tortilla	Georgian pork ragout	Chicken Roulade stuffed with spinach, cheese and sunflower seeds	Kung pao chicken
	Buckwheat groats	Roast potatoes	Buckwheat with onion	Couscous with vegetables	Rice with mushrooms
	Beetroot salad with onion	Carrot & apple salad	Beetroot salad with onion	Carrot salad with horseradish, raisins and cream	Peking cabbage & arugula salad
Meal of the day 2	Chicken "Cacciatore"	Pork with bamboo shoots	Chicken liver with onions and mushrooms	Peasant pork stew	Fish fingers with sesame seeds
	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 ***	Noodles with fried cabbage (veg)	Celeriac and kale cutlets (veg)	Vegetarian gratin with vegetables (veg)	Spicy oatmeal breaded cheese	Zucchini and typu feta cheese fritters with capers (veg)
		Boiled potatoes		Wild rice	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	Paella with chicken and surimi	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 broccoli and sesame	Steamed chicken breast with lime and thyme	Marinara with seafood	Baked fat-free chicken pocket stuffed Italian way
Soup	Peasant soup	Red beetroot & vegetable soup	Peasant soup	Mexican soup	Indian tikka masala soup with pieces of chicken
	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"	Potato dumplings stuffed with ground pork	Chicken liver with onions and mushrooms	Pork cutlets in pepper sauce	Chicken breast with tomatoes and cheese
	Pork steaks with onion sauce	Chicken fillet in sweet chilli sauce	Pepper stuffed in Mexican	Chicken Roulade stuffed with spinach, cheese and sunflower seeds	Pork with vegetables
	Chicken fillet in coconut chips	Potato dumplings stuffed with ground pork	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 drumsticks with mushrooms and bacon
	Spinach frittata (veg)	Potato, chive and eggs cutlet baked under cheese (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	Fish fingers with sesame seeds	
Vegetarian one-pot dish	Barley risotto with zucchini and mushrooms (veg)	"Peçzotto" with pumpkin, celery, zucchini, pepper and kale(veg)	Barley with green peas	Vegetables Italian-style (veg)	Noodles with fried cabbage (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
	Tomatoes in cream	Lettuce, radish and cucumber salad	Tomato and cucumber salad	Pickled cucumber	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	Autum mix vegetables with roasted mustard seeds	Carrot duo with linseeds	Yellow beans with breadcrumbs
	Fried cabbage with bacon	Cooked beetroot (veg)	Mushrooms in cream	Mushrooms in cream	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