



MENU: week 8

	Monday 19-2-2018	Tuesday 20-2-2018	Wednesday 21-2-2018	Thursday 22-2-2018	Friday 13-2-2018	
Soup	Pepper soup (veg) Split pea soup	Tomato soup with basil and garlic(veg) Potato & leek soup	Pumpkin & coconut milk soup Mexican soup	Sorrel soup with egg (veg) Peasant soup	Fish soup (veg) Polish 'zurek' soup	
Pan	Pasta in pesto sauce with pieces of chicken	Pasta with chicken in curry sauce	Pasta carbonara	Spaghetti Bolognese	Chinese noodles (veg)	
Mains	Pork grilled with carrots Pork tenderloins in herbs Pork loin baked in tomato&veggies sauce Chicken breast in almond breading BBQ chicken leg Pieces of chicken in sweet and sour sauce Poultry loins wrapped in bacon Hake with zucchini & tomato baked under cheese	Pork loin braised with zucchini, onion and Roasted pork in gravy Lasagne with meat and vegetables Chicken fillet Hawaiian style (with coconut chips) Chicken fajitas in tortilla Stripsy chicken Ground chicken cutlet stuffed with cheese and parsley Steamed tilapia with vegetables baked under cheese	Pork loin chop Pork cutlets in mushrooms sauce Sirloin in cheese sauce with basil Chicken liver with apples and marjoram Chicken roll stuffed with mushrooms & thyme Spicy sambal chicken sticks Chicken curry ragout Tilapia panfried with vegetables	Pork loin chop in thyme breading Grilled Gypsy pork Pork steak with onion, mushrooms and parsley Chicken fillet in pepper sauce Sweet and sour chicken wings Chicken with veggies and nuts in hoisin sauce Stripsy chicken Steamed tilapia with vegetables baked under cheese	Breaded pork chop Hunter's pork stew Cabbage leaves stuffed with mushrooms&Rice Roasted pork in herb sauce Chicken stew with vegetables Breaded chicken fillet with tomato & cheese Chicken leg baked with sambal sauce(HOT) Hake in coloured pepper breading	
	Vegetarian dish	Chops of cauliflower with egg (veg) Chickpeas in a curry sauce with zucchini and Vegetable bouquet Carrot densely Mushrooms in cream Spinach braised in cream with garlic Yellow beans with breadcrumbs Dumplings Pancakes stuffed with sweet cheese and blueberries	Croquettes with cabbage (veg) Carrot Fritters (veg) Yellow beans with breadcrumbs Carrots and peas in a densely Spinach braised in cream with garlic Mushrooms in soy sauce Broccoli and cauliflower with breadcrumbs Fried dumplings Pancakes stuffed with sweet cheese and strawberries	Croquet with mushrooms and cheese (veg) Pancake with vegetables baked cheese (veg) Cooked beetroot (veg) Caramelized carrots with ginger Spinach braised in cream with garlic Mushrooms in cream Brussels sprouts Dumplings with spinach Pancakes with vanilla cream cheese and peaches	Apple fritters Vegetarian Chili con carne with lentil, corn, beans Carrot with sesame seeds fried beetroot Spinach braised in cream with garlic Mushrooms capucino String beans mix Pierogies stuffed with feta cheese & pumpkin Chocolate pancakes with cottage cheese and banana	Cutlets with buckwheat and spinach with garlic dip (veg) Noodles fried with cabbage and mushroom Broccoli, cauliflower & corn Carrots and peas in a densely Spinach braised in cream with garlic Mushrooms in cream Green string beans with garlic and bread Dumplings Pancakes with sweet cheese
	Others	French fries Dumplings Barley Groat bulgur with dried tomatoes and parsley Rice with vegetables Boiled potatoes Roast potatoes with garlic and marjoram Potato pancakes	French fries Dumplings Couscous with vegetables Barley groats with green beans and carrot Rice with mushrooms and peas Boiled potatoes Roast potatoes Potato pancakes with pumpkin	French fries Dumplings Groat, bulgur Turkish Buckwheat with onion Yellow rice Boiled potatoes Roast potatoes Potato & celery fritters	French fries Spinach dumplings Couscous with vegetables Pearl barley with green peas Rice with vegetables Boiled potatoes Roast potatoes Hungarian potato pancakes (veg)	French fries Dumplings Groat bulgur with dried tomatoes and parsley Buckwheat with onion Rice with vegetables Boiled potatoes Roast potatoes with garlic and marjoram Potato pancakes
	Salads	Chinese cabbage salad with mini corn butts Carrot with apple and red beetroot White cabbage slaw Salad with green beans, blue cheese and walnuts Celery salad with peaches and raisins Greek Salad Mexican salad Salad mix (corn, pepper, tomato, cucumber) Mushroom salad with egg and green beans Lamb's lettuce with chickpeas, cherry tomatoes and egg Salad with tuna	Red cabbage salad Salad with beet and cucumber Carrots and pineapple salad Salad with Chinese cabbage, kohlrabi, red onion and peppers Salad with leek and carrot and apple in cream Coleslaw Salad with crab sticks and celery Chicken Salad tandori Salad with green beans and nuts Salad with cherry tomatoes and arugula Salad with broccoli, eggs, cherry tomatoes and cucumber	Red cabbage salad, mayonnaise and garlic White cabbage with corn, leek and parsnip Beetroot salad with onion Chinese cabbage with oranges White radish salad with corn Celery salad Salad with broccoli and red beans salad rhodes Salad with leek, ham and celery Lettuce mix of colored peppers Salad with broccoli, eggs, cherry tomatoes and cucumber	Salad of red cabbage with red onion Beetroot salad with onion Carrots and pineapple salad Pickled cucumber Coleslaw with pepper Chinese cabbage salad, cucumber and red radish Grilled chicken and pepper salad Salad with green beans and nuts Rocket salad, pomegranate, cherry tomatoes and feta cheese Salad with chicken and vegetables in curry sauce Couscous and lentil salad	Carrot with apple and red beetroot Red cabbage and radish salad Chinese cabbage salad with mini corn butts Salad with celery, apple and cucumber with yoghurt Leek & apple salad Sauerkraut salad Mellon, pear & lettuce salad Greek feast (tomato, pepper, cucumber, red onion, feta cheese) Salad with crab sticks and celery Broccoli salad with egg Gyros salad