



West Forum

MENU - Week 34

	Monday 21-08-2017	Tuesday 22-08-2017	Wednesday 23-08-2017	Thursday 24-08-2017	Friday 25-08-2017
Soup	Minestrone	Chicken,cauliflower and ginger soup	Sauerkraut soup	Sour cucumber soup	Potato & leek cream soup
	Potato & leek soup (veg)	Onion soup (veg)	Mushrooms soup with noodles (veg)	Carrot and red lentil cream soup (veg)	Vegetable soup with barley (veg)
Warming Dish	Chicken fillet wrapped around colour peppers	Baked fat-free chicken pocket stuffed Italian way	Steamed turkey in goosberry&cranberry sauce	Steamed chicken roll with string beans in mint gravy	Pork kebab with onion and zucchini in yoghurt-mint pickle
Mains	Chicken fingers in corn breadcrumbs	Chicken breast in green pepper breading	Chicken fillet in linseed batter	Pork loin with potato batter	Chicken fillet roasted in egg&flower
	Pork in mushroom sauce	Roasted pork in gravy with prunes	Pork Neck baked in mustard sauce	Chicken leg baked with sambal sauce(HOT)	Pork meatballs in dill sauce
	Curry of pork with sweet potato and broccoli	Chicken fillet with onions in mustard & cream sauce	Ground chicken cutlets with ginger, sunflower seeds and pine nuts	Chicken liver with apples and marjoram	Enchilada with pork
	Pasta with pesto and chicken	Spaghetti pasta in cream sauce with chicken pieces, rucola and cocktail tomatoes	Spicy Chinese noodles with vegetables	Noodles with chicken, muschrooms and tarragon	Noodles with chicken in tomato sauce with zucchini & lovage
	Fish baked with vegetables	Hake with zucchini & tomato baked under cheese	Fried fish with tomatoes	Breaded hoki fish with sesame seeds	Tilapia in dough with dried tomatoes and herbs
Vegetarian	Burrito vegetarian with black beans	Breaded cauliflowers in sweet chilli sauce (veg)	Breaded fried cheese with cumin (veg)	Broccoli and rice fritters with sunflower and corn (veg)	Chickpeas with tomatoes and peppers
Other	Pierogies with white cheese&potato (8 pcs)	Pierogies with cheese, potato, bacon and onion (8 pcs)	Pierogies stuffed with spinach (8pcs)	dampiuigyf	Pierogies with white cheese&potato (8 pcs)
	Pancakes with raisins	Chocolate pancakes with sweet cheese and cherries	Pancakes with sweet cheese and orange	Chocolate pancakes with cheese and raspberries	Pancakes with cottage cheese
Salads	Asian salad with marinated pork in soya sauce	White cabbage salad withcorn, dill and mayonnaise	Coleslaw with leek	White cabbage, pickled pepper, carrot and cucumber	Rocket salad with oranges, nuts and honey sauce
	Mixed cabbage salad with sunflower seeds	String bean & radish salad	Sauerkraut salad	Lettuce and tomato with vinaigrette dressing	White cabbage, pickled pepper, carrot and cucumber
	Mixed salad with 0% yoghurt	Carrot slaw with raisins	Greek feast (tomato, pepper, cucumber, red onion, feta cheese)	Red cabbage salad	Sauerkraut salad
	Broad beans, kohlrabi and cherries salad	Cucumber salad with sour cream	Mixed salad with 0% yoghurt	Chinese cabbage with green peas and leek	Salad with celery, apple and cucumber with yoghurt
Warm Veggies	Spinach	Spinach	Spinach	Spinach	Spinach
	Broccoli with sunflower seeds	Cauliflower with breadcrumbs	Cyder braised red cabbage	Broccoli with sunflower seeds	Baby-carrots with roasted peanuts
	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish
Sides	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Pearl barley with green peas	Groat bulgur with dried tomatoes and onion	Turkish bulgur	Millet groat	Barley with mushrooms and onions
	Red rice	Yellow rice with corn, carrot and peas	Rice with vegetables	Rice	Red rice