



West Forum

# MENU - Week 42

|              | Monday 16-10-2017                                   | Tuesday 17-10-2017   | Wednesday 18-10-2017  | Thursday 19-10-2017                                  | Friday 20-10-2017  |
|--------------|---|--|---|--|--|
| Soup         | Czech garlic soup with croutons                     | Goulash soup with beans                                      | Barley groats & vegetable soup                                      | Tripe soup   | Broth with rice and vegetables                             |
|              | Pumpkin & coconut milk soup                         | Vegetable soup (veg)   | Baked beetroot and cherries cream soup (veg)                        | Cauliflower and ginger soup (veg)                    | Tomato soup with noodles (veg)                             |
| Warming Dish | Warming orange Turkey                               | Turkey with apple, cinamon, white pepper...                  | Pork loin baked with ginger and vegetables                          | Casserole chicken in a bowl                          | Spicy sambal chicken sticks                                |
| Mains        | Breaded chicken fillet with sesame seeds            | Breaded chicken fillet with sesame seeds                     | Breaded chicken fillet with sesame seeds                            | Breaded chicken fillet with sesame seeds             | Breaded chicken fillet with sesame seeds                   |
|              | Pork with broccoli, red pepper and red onion        | Ground chicken cutlet with mushrooms                         | Pork neck stewed with souercrout                                    | Shorma with chicken and spinach                      | Chicken shoarma with spinach                               |
|              | Chicken fillet with ginger-chive pesto              | Chicken breast in lemon caper sauce                          | Chicken fingers in corn breadcrumbs                                 | Tortilla witch pork                                  | Spaghetti with a creamy spinach                            |
|              | Pasta in cream sauce with ham and peas              | Noodles with bacon, dried tomatoes and onion                 | Pasta carbonara with zucchini                                       | Chicken noodles with a note of nuts and thyme        | Cottage style nooddles with sausage, onion and egg         |
|              | Breaded tilapia fish with pumpkin seeds             | Breaded fish with spinach                                    | Miruna with cheese & broccoli paste                                 | Fried Tilapia a'la bruschetta                        | Noodles with salmon in cream sauce with garlic and parsley |
| Vegetarian   | Tortilla cake with spinach and feta cheese          | Vegetarian pot with beans, sweet corn, lentils and vegeables | Vegetable risotto with fresh herbs (veg)                            | Green-veggy fritters (veg)                           | Lentil and sweet potato stew (veg)                         |
| Other        | Pierogies with white cheese&potato (8 pcs)          | Pierogies with spicy potato&cheese filling (8 pcs)           | Pierogies stuffed with spinach (8pcs)                               | Dumplings with mushrooms and potatoes                | Pierogies with white cheese&potato (8 pcs)                 |
|              | Pancakes stuffed with sweet cheese and strawberries | Chocolate pancakes with sweet cheese and raspberries         | Pancakes stuffed with sweet cheese and strawberries                 | Chocolate pancakes with sweet cheese and raspberries | Pancakes with sweet cheese and black currants              |
| Salads       | Red cabbage salad with peaches and nuts             | Indian salad (cabbage, peanuts, carrots)                     | White cabbage, pickled pepper and raisins salad                     | White cabbage with corn, leek and parsnip            | Coleslaw, red beans and mushrooms                          |
|              | Coleslaw of cauliflower                             | Radish, carrot and corn salad                                | Sauerkraut salad  | Tomatoes and green peppers salad                     | Souerkraut with beetroot, onion and parsley                |
|              | Salad mix (corn, pepper, tomato, cucumber)          | Beetroot salad with onion                                    | Greek feast (tomato, pepper, cucumber, red onion, typu feta cheese) | Salad with surimi                                    | Chienese cabbage with kale, cucumber and chive             |
|              | Celery salad with peaches and raisins               | Carrot, apple and horseradish salad                          | Swedish Salad   | Sour cucumber salad                                  | Spicy celery salad   |
| Warm Veggies | Spinach   | Spinach  | Spinach   | Spinach  | Spinach  |
|              | Broccoli with sunflower seeds                       | Cauliflower with garlic, parsley & crumbs                    | String beans mix  | Cauliflower with broccol and roasted sunflower seeds | Mixed veggies with sunflower seeds and bread crumbs        |
|              | Beetroots with horseradish                          | Fried cabbage  | Cooked beetroot (veg)   | Beetroots with horseradish                           | Beetroots with horseradish                                 |
| Sides        | Boiled potatoes                                     | Boiled potatoes  | Boiled potatoes   | Boiled potatoes                                      | Boiled potatoes  |
|              | Buckwheat   | Groat bulgur with dried tomatoes and onion                   | Turkish bulgur  | Bulgur wheat   | Barley with mushrooms and onions                           |
|              | Rice with vegetables                                | Rice with mushrooms and peas                                 | Red rice  | Yellow rice  | Rice with mushrooms  |