

## West Forum Menu eng - tydzień 8

	Monday 18-02-2019	Tuesday 19-02-2019	Wednesday 20-02-2019	Thursday 21-02-2019	Friday 22-02-2019
Soup	Green beans soup (veg)	Forest mushrooms soup with dumplings (veg)	Carrot cream soup with ginger, cardamon and coconut milk (veg)	Mushroom soup (veg)	Broccoli & spinach cream soup (veg)
	Minestrone	Red beetroot & vegetable soup	Tripe soup	Sour cucumber soup	Broth with noodles
Worm dish	Grilled chicken breast with tomato salsa and cheese	Beef Burger BBQ (beef, bacon, tomato, chedar cheese, red onion, BBQ sauce)	Hungarian style potato pancakes	Chicken gyros tortilla with french fries and coleslaw	Grilled Hake fish on spinach with butter lemon sauce
Mains	Thyme pork loin chop with zuccini	Chicken fillet in green breadcrump	Chicken fingers in corn breadcrumbs	Pork loin in herb breading with mushrooms and parsley	Chicken ala pizza with peppers and mushrooms
	Roasted pork in gravy	Crispy chicken and veggies tortilla	Chicken in hunter's sauce	Chicken shoarma with spinach	Chilli con carne with beans, paprika & corn
	Pork steak with onion, mushrooms and parsley	Chicken meatballs in a cream sauce with vegetables	Shepherd's gratin (pork, onion, peas, parsley root, carrot)	Chicken stew in tomato sauce with pepper and corn	Pork shoulder stewed in cream&onion sauce
Macaroni	Whole grain pasta with boiled chicken, zucchini and cherry tomatoes	Diced pork,fried with onion	Pasta with pork tenderloin and mushrooms	Noodles with chicken, muschrooms and tarragon	Pasta with salmon in cream sauce with garlic and parsley
Fish	Cod breaded with sesame	Breaded tilapia fish with pumpkin seeds	Hake with fried onion baked under cheese	Hake in panko	Ground fish cutlets with broccoli
Vegetarian	Vegetarian pot with beans, sweet corn, lentils and vegerables	heese coated in sesame seeds	Gnocchi in spinach sauce (veg)	Hungarian potato cutlets	Cabbage rolls stuffed with lentils, buckwheat & cottage cheese in mushroom sauce (veg)
Dumplings	Pierogies with white cheese&potato	Pierogies with spicy potato&cheese filling	Pierogies stuffed with meat	Dumplings with potatoes and mushrooms	Pierogies with white cheese&potato
Sweet	Pancakes with cinnamon	Pancakes with vanilla cheese and cranberry	Pancakes with apples	Pancakes with vanilla cheese and nuts	Pancakes with cheese and banana
Salad	White cabbage, pickled pepper and raisins salad	0	White cabbage slaw with horseradish	White cabbage salad withcorn, dill and mayonnaise	White cabbage salad with cucumber a tomato
	Carrot salad with horseradish and cream	White cabbage, pickled pepper, carrot and cucumber	Leek and radish salad	Chinese cabbage salad, cucumber and red radish	Sauerkraut salad
	Celery salad	Carrot & celery salad	Red caggage salad with onion and mayonnaise	Carrot & apple salad	Beetroot salad with onion
	Red cabbage salad, mayonnaise and garlic	Beetroot salad with onion	Chinese cabbage & sprouts salad	Pickled cucumbers, colorful peppers and onions	Pickled cucumber & onion salad
Vegetables	Spinach	Mushrooms in cream	Spinach	Spinach	Spinach
	Mini carrots with sesame seeds	Fried cabbage	Mixed vegetables with breadcrumbs	Broccoli with sunflower seeds	Red cabbage cooked with onions
	Cauliflower with breadcrumbs	Yellow beans with breadcrumbs	Carrots and peas	Cooked beetroot (veg)	Carrot duo with bread crumbs and linseed
Others	Boiled potatoes	Boiled potatoes	Potatoes from water with dill butter	Boiled potatoes	Boiled potatoes
	Rice with mushrooms and peas	Rice	Rice with vegetables	Rice with vegetables	Rice
	Pearl barley with green peas	Barley groats with mushrooms and onions	Buckwheat with onion	Millet groat	Barley