



West Forum

# MENU - Week 26

	Monday 26-06-2017	Tuesday 9-05-2017	Wednesday 10-05-2017	Thursday 11-05-2017	Friday 12-05-2017
<b>Soup</b>	Split pea soup	Sauerkraut soup	Polish 'zurek' soup	Green beans soup	Kaffir lime chicken soup
	Spinach & coconut milk soup (veg)	Celeriac soup with cauliflower carpaccio (veg)	Lentil soup with noodles (veg)	Beetroot cream soup with coconut milk and ginger (veg)	Young red beetroot soup (veg)
<b>Warming Dish</b>	Chicken fillet with cottage cheese stuffing with spinach	Fat-free roasted turkey breast stuffed with plums, apricots and young carrots	Marinara with seafood	Chicken breast marinated in yoghurt and red pepper with mozzarella and confited cherry tomatoes	Spicy coconut fish balls
<b>Mains</b>	Breaded chicken fillet with sesame seeds	Spanish-style pork loin (with olives, garlic, basil)	Chicken fillet with pumpkin seeds	Chicken in spicy breading	Baked chicken breast with glazed strawberries and rocket salad in balsamic vinegar
	Pumpkin and chicken tagine	Chicken fillet in cheese leek sauce	Turkey stew with pepper and mushrooms	Shorma with chicken and spinach	Wieprzowina duszona z kapustą kiszoną
	Pork with green beans and peppers	Chicken fingers with jalapeno	Breton beans in tomato sauce	Tortilla with pork	Spaghetti with a creamy spinach
	Soya noodles with crispy chicken and veggies	Pasta with asparagus in cream sauce	Penne pasta with salmon in dill sauce with dried tomatoes	Chicken noodles with a note of nuts and thyme	Cottage style noodles with sausage, onion and egg
	Fish Hungarian style	Miruna with cheese & spinach paste	Steamed tilapia with vegetables baked under cheese	Hake in coloured pepper breading	Noodles with salmon in cream sauce with garlic and parsley
<b>Vegetarian</b>	Tortilla cake with spinach and feta cheese	Casserole with potatoes, spinach and tyfu feta cheese (veg)	Stir-fried Chinese noodles (veg)	Rice noodles with vegetables, mango and black sesame (veg)	Potato&vegetable fritters (veg)
<b>Other</b>	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies stuffed with spinach (8pcs)	Dumplings with mushrooms and potatoes	Pierogies with white cheese&potato (8 pcs)
	Pancakes with raisins	Pancakes with sweet cheese and orange	Pancakes with raisins	Pancakes with sweet cheese and orange	Pancakes with apples
<b>Salads</b>	Young cabbage with leek, corn and parsnip	White cabbage slaw with horseradish	White cabbage with pickled cucumbers and apple	Coleslaw with pepper	Sauerkraut salad
	Carrot & celery salad	Tomatoes in cream	White radish salad with leeks and carrots in cream	Broccoli salad with egg	Red cabbage slaw
	Lettuce and radishes	Salad with celery, apple and cucumber with yoghurt	Cucumber salad with sour cream	Marine salad with tuna	Carrot salad with apple in cream
	Chinese cabbage, leek, peas and egg salad	Leek and peas salad	Beetroot salad with capers, jellow cheese and sour cream	Carrot salad with horseradish and cream	Lettuce with sour cream
<b>Warm Veggies</b>	Spinach	Spinach	Spinach	Spinach	Spinach
	Green string beans with garlic and bread crumbs	Broccoli with sunflower seeds	Yellow beans with breadcrumbs	Cauliflower with garlic, parsley & crumbs	Mixed vegetables
	Beetroots with horseradish	Glazed carrots	Cooked beetroot (veg)	Beetroots with horseradish	Fried cabbage
<b>Sides</b>	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Barley groats with green beans and carrot	Groat bulgur with dried tomatoes and parsley	Turkish bulgur	Pearl barley with green peas	Barley with mushrooms and onions
	Rice with vegetables	Yellow rice	Egg rice	Rice with vegetables	Rice with mushrooms and peas