

Aquarius MENU - week 33

	Monday 20-08-2018	Tuesday 21-08-2018	Wednesday 22-08-2018	Thursday 23-08-2018	Friday 24-08-2018
Meal of the day 1	Breaded chicken fillet with sesame	Pork roulades stuffed with cucumber & onion wrapped in bacon	Pork rolls stuffed with meat mouse	Pork loin chop in thyme breading	Chicken fillet breaded with cornflakes
	Boiled new potatoes	Buckwheat	Roast potatoes	Roast potatoes with garlic and marjoram	Boiled new potatoes
	Young cabbage with radish	Celery salad	Tomatoes in cream	White cabbage salad with dill	Tomatoes and onions
Meal of the day 2	Pork five-flavours	Chicken tenderloins in batter	Chicken tenderloins in batter	Ginger-lemon oriental chicken	Ground pork with chives in onion sauce
	Yellow rice	Boiled new potatoes	Boiled new potatoes	Rice with carrots and peas	Barley
	Tomatoes and onions	Cucumber salad with sour cream	Beetroot salad with onion	Peking cabbage & arugula salad	Beetroot salad with onion
Meal of the day 3 *** VEGETARIAN ***	Green-veggy fritters (veg)	Vegetarian cabbage rolls (veg)	Potato stuffed with vegetables & cheese (veg)	Cauliflower & ginger cutlets with sesame (veg)	Patta gobi sabzi - stir fry lentils awith cabbage
	Roast potatoes	Roast potatoes with garlic and marjoram		Bulgur wheat	Roast potatoes
	Mixed salad with 0% yoghurt	Carrot salad with peach	Red cabbage and apple salad	Cucumber salad with sour cream	Mixed salad with 0% yoghurt
Grill - Live cooking	#N/D!	Grilled chimichuri chicken breast with coriander	Crimean goulash with blinis	Pork neck grilled with red onion chatney	Baltic Cod grilled with mixed herbs
Macaroni/Fit	Whole grain pasta with basil, mushrooms and braised chicken	Steamed pork loin rolls stuffed with asparagus and pepper	Noodle panang curry with chicken and peanuts	Spagetti with zucchini (veg)	Penne with tuna and tomatoes
Soup	Soldier's split pea soup	Bean soup	Fish soup with lime leaves	Soljanka Russian tomato soup	Chicken soup with carrots and green peas
	Dill soup with rice (veg)	Young cabbage soup (veg)	Celeriac cream soup with blue cheese & thyme (veg)	Potato & leek cream soup	Horseradish soup with chives and egg (veg)
Mains	Breaded chicken fillet with sesame	Pork roulades stuffed with cucumber & onion wrapped in bacon	Ground chicken cutlet in mushroom sauce with arugula	Pork loin chop in thyme breading	Chicken fillet breaded with cornflakes
	Pork five-flavours	Chicken gizzards and horseradish stew	Pork goulash with majoram and sour cream	Ginger-lemon oriental chicken	Ground pork with chives in onion sauce
	Zucchini stuffed with minced meat	Chicken tenderloins in batter	Pork ribs glazed sweet chilli	Enchilada with chicken and beans	Chicken shish kebab with vegetables
	Green-veggy fritters (veg)	Vegetarian cabbage rolls (veg)	Potato stuffed with vegetables & cheese (veg)	Potato stuffed with vegetables & cheese (veg)	Patta gobi sabzi - stir fry lentils awith cabbage
	Hoki fish in lemon herb crust	Breaded hake fish	Portugeese-style fish stew	Fish Polish style with braised vegetables and egg	Grilled hoki fish with tomato salsa
Vegetarian	Courgette lecho with fresh tomato (veg)	Tofu curry with spinach (veg)	Green gratin (veg)	Gnocchi in spinach sauce (veg)	Barley with green peas
Others	Roast chicken with apples in honey and chilli	Pierogies stuffed with buckwheat and bacon	Pierogies stuffed with buckwheat and cottage cheese (8 pcs)	Pierogies stuffed with cabbage (8 pcs)	Roast chicken with apples in honey and chilli
	Vanilla pancakes with cottage cheese and nuts	Chocolate pancakes with sweet cheese and peach	Pancakes stuffed with sweet cheese and raspberries	Chocolate pancakes with sweet cheese and orange	Pancakes stuffed with sweet cheese and banana
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
Salads	Young cabbage with radish	Young cabbage with leek, corn and parsnip	Young cabbage with pepper and cucumber	White cabbage salad with dill	White cabbage slaw with horseradish
	Beetroot salad with sunflower seeds	Carrot salad with peach	Beetroot salad with onion	Carrots and pineapple salad	Beetroot salad with onion
	Young cabbage with dill	Peking cabbage & corn salad	Zucchini and parsley salad	Peking cabbage & arugula salad	Sauerkraut salad
	Tomatoes and onions	Cucumber salad with sour cream	Red cabbage and apple salad	Red caggage salad with onion and mayonnaise	Tomatoes and onions
	Mixed salad with 0% yoghurt	Celery salad	Tomatoes in cream	Cucumber salad with sour cream	Mixed salad with 0% yoghurt
Salads	Salad with smoked chicken and orange Italian salad (basil, tomato, celery, mint)	Salad with typu feta cheese Celery salad	Grilled chicken and pepper salad Agurula and avocado salad	Caesar salad (egg, croutons) Fruit salad	Avocado, pomegranate and pork Chickpeas salad with dried tomatoes
Vegetables	Spinach	Carrots and peas	Spinach	Carrots and peas	Spinach
	Mixed vegetables	Mix of steamed vegetables	Broccoli, cauliflower & corn	Cauliflower with breadcrumbs	Mixed vegetables
	Brussels sprouts	Broccoli with sunflower seeds	Carrot with sesame seeds	Brussels sprouts	Yellow beans with breadcrumbs
	Cauliflower with garlic, parsley & crumbs	Yellow beans with breadcrumbs	Mixed vegetables with sunflower seeds	Mixed vegetables with sunflower seeds	Mini carrots with sesame seeds
Sides	Boiled new potatoes	Boiled new potatoes	Boiled new potatoes	Boiled new potatoes	Boiled new potatoes
	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes
	Yellow rice	Rice with mushrooms	Rice	Bulgur wheat	Rice
	Kus kus	Buckwheat		Bulgur wheat	Barley
	Dumplings	Barley	Spinach dumplings	Dumplings	Dumplings
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