

## Aquarius MENU - week 34

	Monday 21-08-2017	Tuesday 22-08-2017	Wednesday 23-08-2017	Thursday 24-08-2017	Friday 25-08-2017
<b>Meal of the day 1</b>	Chicken breast in almond breading	Enchilada with chicken and beans	Chicken breast in thyme breading	Chicken with vegetables	Chicken cutlet with pepper
	Boiled potatoes	Rice with vegetables	Boiled potatoes		Boiled potatoes
<b>Meal of the day 2</b>	Young cabbage with carrot, apple and dill	White cabbage salad with dill	Peking cabbage & arugula salad	Carrot, peach and apple salad	Beetroot salad with onion
	Steaks of pork with grilled vegetables	Bavarian meatballs	Bavarian meatballs	Pork loin chop in thyme breading	Pork with bamboo shoots
	Barley	Roast potatoes		Roast potatoes with garlic and marjoram	Rice
<b>Meal of the day 3 *** VEGETARIAN ***</b>	Beetroot salad with sunflower seeds	Leek and peas salad	Lettuce, radish and cucumber salad	Cabbage and carrots salad	Chienese cabbage with kale, cucumber and chive
	White bean and veggies cutlets (veg)	Green vegetarian cutlets of peas (veg)	Millet cutlet with beets and tomato baked under cheese (veg)	Zucchini stuffed with vegetables (veg)	Carrot Fritters (veg)
	Yellow rice with corn, carrot and peas	Potatoe puree with onion	Roast potatoes	Bulgur wheat	Buckwheat with onion
	Tomatoes and onions	Cucumber salad with sour cream	Red cabbage, onion and oranges salad	White turnip salad with corn and parsnip	Cucumber salad with sour cream
<b>Grill - Live cooking</b>	Oriental noodles with chicken breast and vegetables	De`luxe beff burger with onion rings and bacon	Grilled chicken breast with tomato salsa and cheese	Mexican Pork	Trout fillet on a pillow of seasonal salad
<b>FIT Dish</b>	Steamed pork loin &veggies foil-pack	Steamed chicken breast with lime and rosemary	Pepper stuffed with bulgur	Cooked chicken breast a la bruschetta (with tomatoes, basil, garlic and sprouts)	Oil-free grilled pork tenderloin with broccoli paste and carrot rose
<b>Soup</b>	Red beetroot & vegetable soup	Goulash soup with smoked pepper and cumin	Pea soup with croutons	Spicy curry soup with chicken	Potato soup with minced meat of chicken
	Vegetable soup (veg)	Cauliflower and ginger soup (veg)	Minestrone	Zucchini cream soup (veg)	Red lentil dahl soup (veg)
<b>Mains</b>	Chicken breast in almond breading	Bavarian meatballs	Chebureks (fried dumplings Ukrainian)	Spicy sambal chicken sticks	Pork with bamboo shoots
	Steaks of pork with grilled vegetables	Sweet and sour chicken wings	Potato dumplings stuffed with ground pork	Chicken with vegetables	Chicken cutlet with pepper
	Pork a la Stroganoff	Enchilada with chicken and beans	Chicken breast in thyme breading	Pork loin chop in thyme breading	Pork neckbaked with green pepper sauce
	White bean and veggies cutlets (veg)	Green vegetarian cutlets of peas (veg)	Millet cutlet with beets and tomato baked under cheese (veg)	Zucchini stuffed with vegetables (veg)	Carrot Fritters (veg)
	Hoki fish in pepper batter	Hake in bearnaise sauce	Breaded hake fish	Breaded fish with spinach	Cod with gremolata under cheese
<b>Vegetarian</b>	Chickpeas curry (veg)	Vegetable gratin (veg)	Pancakes with vegetables baked with cheese (veg)	Vegetables baked with herbs de Provence and cheese (veg)	Mini burgers
<b>Others</b>	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pieroges with potatoes and mushrooms (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with apples	Pancakes with apples	Pancakes with tropical fruit	Apple fritters	Pancakes with apples
	Pancakes with vanilla cottage cheese and cranberries	Chocolate pancakes with sweet cheese and orange	Pancakes with apples	Pancakes with sweet cheese	Pancakes stuffed with sweet cheese and raspberries
<b>Salads</b>	Cucumber salad with sour cream	Cucumber salad with sour cream	Cucumber salad with sour cream	Cucumber salad with sour cream	Cucumber salad with sour cream
	Tomatoes and onions	Leek and peas salad	Tomatoes in cream	Carrot, peach and apple salad	Tomatoes and onions
	Young cabbage with dill	White cabbage salad with dill	Lettuce, radish and cucumber salad	Cabbage and carrots salad	Beetroot salad with onion
	Beetroot salad with sunflower seeds	White radish salad with corn	Peking cabbage & arugula salad	Leek & apple salad	Sauerkraut salad
	Carrots and pineapple salad	Mixed salad with 0% yoghurt	Red cabbage, onion and oranges salad	White turnip salad with corn and parsnip	Chienese cabbage with kale, cucumber and chive
<b>Salads</b>	Salad with smoked chicken and orange	Zorrba salad (Peking cabbage, black olives)	Shanghai salad with chicken	Vegetarian salad	Marine salad with tuna
	Salad with tomato and watermelon	Salad with bacon and cheese	Tortellini salad	Rocket salad with oranges, nuts and honey sauce	Eggplant and green peas salad
<b>Vegetables</b>	Spinach	Carrots and peas	Spinach	Carrots and peas	Spinach
	Mixed vegetables with sunflower seeds	Mixed veggies with roasted pumpkin seeds	Broccoli with sunflower seeds	Cauliflower with breadcrumbs	Mixed vegetables
	Mini carrots with sesame seeds	Brussels sprouts	String beans mix	Brussels sprouts	String beans mix
	Cauliflower with breadcrumbs	Yellow beans with breadcrumbs	Mix of steamed vegetables	Mixed veggies with roasted pumpkin seeds	Broccoli, cauliflower & corn
<b>Sides</b>	Boiled potatoes	Potatoe puree with onion	Boiled potatoes	Mashed potatoes	Boiled potatoes
	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes
	Dumplings	Rice with vegetables	Couscous with vegetables	Dumplings	Rice
	Yellow rice with corn, carrot and peas	Dumplings	Wild rice	Rice with vegetables	Buckwheat with onion
	Barley	Pearl barley with green peas	Spinach dumplings	Bulgur wheat	Dumplings