

Aquarius MENU - week 42

	Monday 16-10-2017	Tuesday 17-10-2017	Wednesday 18-10-2017	Thursday 19-10-2018	Friday 20-06-2017
Meal of the day 1	Peasant pork stew Pearl barley with green peas Beetroot salad with onion	Ground chicken cutlets Roast potatoes Chienese cabbage with kale, cucumber and chive	Chicken paella with mixed vegetables Grandma's cabbage salad	Chicken fillet with almonds Peking cabbage salad with dill and garlic sauce	Chicken shish kebab with vegetables Boiled potatoes White cabbage with corn, leek and parsnip
Meal of the day 2	Chicken fillet in breadcrumbs & nuts Boiled potatoes Cabbage and carrots salad	Cabbage leaves with meat&rice stuffing in tomato sauce Mashed potatoes Carrot, peach and apple salad	Cabbage leaves with meat&rice stuffing in tomato sauce Boiled potatoes Beetroot salad with sunflower seeds	Pork stew a'la Stroganoff Rice with vegetables Coleslaw with leek	Pork roasted with fresh herbs Roast potatoes Peking cabbage & arugula salad
Meal of the day 3 *** VEGETARIAN ***	Celeriac and kale cutlets (veg) Roast potatoes Pickled cucumber, pepper and red onion salad	Vegetable fritters with garlic dip (veg) Wild rice Lettuce, radish and cucumber salad	Millet & broccoli cutlet with sunflower seeds (veg) Roast potatoes Tomatoes and onions	Flat mushrooms stuffed with three cheeses (veg) Mashed potatoes Carrots and pineapple salad	Croquettes with cabbage (veg) Barley red beetroot, chickpeas and nuts salad
Grill - Live cooking	Tex-Mex burrito (pork, rice, veggies,...)	Grilled chicken fillet with vegetables on a bed of lettuce	Pork braised with horseradish	Butter chicken	Thai curry with pork
FIT Dish	Whole grain pasta with chicken tenderloins and zucchini	Spicy spagetti with salami, arugula and mushrooms	Noodles with chcken, cauliflower and peas with cheddar sauce	Gnocchi with tomatoes, rucola and black olives (veg)	Chinese noodles with chcken and mango
Soup	Minestrone (veg) Barley groats & vegetable soup	Tomato soup with basil and garlic(veg) Polish 'zurek' soup	Leek cream soup with orange and butter croutons (veg) Mexican soup	Corn soup (veg) Sour cucumber & smoked bacon soup	Brussel sprouts soup (veg) Country hen soup with noodles and veggies
Mains	Peasant pork stew Chicken fillet in breadcrumbs & nuts Celeriac and kale cutlets (veg) Breaded fish with spinach	Chicken shoarma with vegetables and cheese Ground chicken cutlets Cabbage leaves with meat&rice stuffing in tomato sauce Vegetable fritters with garlic dip (veg) Hake in bearnaise sauce	Chebureks (fried dumplings Ukrainian) Pork roulade with vegetables Enchilada with pork Millet & broccoli cutlet with sunflower seeds (veg) Breaded tilapia	Meatballs in thyme gravy Chicken fillet with almonds Pork stew a'la Stroganoff Flat mushrooms stuffed with three cheeses (veg) Hake in coloured pepper breading	Chicken shish kebab with vegetables Pork roasted with fresh herbs Potato dumplings stuffed with ground pork Croquettes with cabbage (veg) Oven-baked cod in 0% yoghurt marinade
Vegetarian	Vegetable risotto with fresh herbs (veg)	Batatas baked with rosemary (veg)	Chickpeas, pumpkin & broccoli goulash (veg)	Spinach frittata (veg)	Mini burgers
Others	Pierogies with white cheese&potato (8 pcs) Pancakes with apples Pancakes stuffed with sweet cheese and strawberries	Pierogies with spicy potato&cheese filling (8 pcs) Pancakes stuffed with sweet cheese and peach Pancakes with apples	Pierogies stuffed with spinach (8pcs) Apple fritters Vanilla pancakes with cottage cheese and nuts	Pierogies stuffed with meat (8 pcs) Chocolate pancakes with sweet cheese and cherries Pancakes with apples	Pierogies with white cheese&potato (8 pcs) Pancakes with vanilla cottage cheese and cranberries Pancakes with apples
Salads	Pickled cucumber, pepper and red onion salad Leek and apple salad Young cabbage with dill Blanched red cabbage salad Cabbage and carrots salad	Coleslaw with pepper Carrot, peach and apple salad Chienese cabbage with kale, cucumber and chive String bean & radish salad Lettuce, radish and cucumber salad	Beetroot salad with sunflower seeds Salad with leek and carrot and apple in cream Grandma's cabbage salad Sauerkraut salad Tomatoes and onions	Peking cabbage salad with dill and garlic sauce Carrots and pineapple salad Coleslaw with leek Mixed salad with 0% yoghurt Pickled cucumber & onion salad	Kohlrabi & cucumber salad Sauerkraut salad Peking cabbage & arugula salad White cabbage with corn, leek and parsnip red beetroot, chickpeas and nuts salad
Salads	Salad with smoked chicken and orange Chicken and avocado salad	Salad with smoked cheese and spinach Mexican salad	Chicken, celery and orange salad Tortellini salad	Couscus salad with tomatoes and mint Salad with bacon and cheese	Pumpkin & augurula salad Mushroom salad with egg and green beans
Vegetables	Spinach Mixed vegetables with sunflower seeds Carrots duo with sesame Cauliflower with garlic, parsley & crumbs	Carrots and peas Mixed vegetables Broccoli with sunflower seeds Yellow beans with breadcrumbs	Spinach Carrots duo with sesame Yellow beans with breadcrumbs Mixed vegetables with sunflower seeds	Carrot with peas and pumpkin Cauliflower with breadcrumbs Brussels sprouts Mixed vegetables with sunflower seeds	Spinach Mixed vegetables Yellow beans with breadcrumbs Broccoli, cauliflower & corn
Sides	Boiled potatoes Roast potatoes Rice with vegetables Dumplings Pearl barley with green peas	Mashed potatoes Roast potatoes Wild rice Spinach dumplings Couscous	Boiled potatoes Roast potatoes Buckwheat with onion Yellow rice Dumplings	Roast potatoes with garlic and marjoram Mashed potatoes Bulgur wheat Rice with vegetables Dumplings	Boiled potatoes Roast potatoes Rice with mushrooms Dumplings Barley