

Aquarius MENU - week 47

	Monday 19-11-2018	Tuesday 20-11-2018	Wednesday 21-11-2018	Thursday 22-11-2018	Friday 23-11-2018
Meal of the day 1	Chicken fillet coated with Herbes de Provence	Meatballs in thyme sauce	Chicken drumsticks with mushrooms and bacon	Chili con carne with beans, peppers and corn	Chicken in spinach cake
	Boiled potatoes	Roast potatoes with garlic and marjoram	Roast potatoes	Rice with vegetables	Roast potatoes
	Sauerkraut salad	Red cabbage and apple salad	Beetroot salad with sunflower seeds	Peking cabbage & arugula salad	Salad with leek and carrot and apple in cream
Meal of the day 2	Pork in mushroom sauce	Chicken Curry Sauce	Goulash and strogonow	Chicken shoarma with vegetables and cheese	Stewed pork cheeks
	Barley	Yellow rice	Rice	Roast potatoes with garlic and marjoram	Buckwheat groats
	Beetroot salad with onion	Peking cabbage & corn salad	Gypsy cabbage salad	String bean & radish salad	Coleslaw with pepper
Meal of the day 3 *** VEGETARIAN ***	Cauliflower curry (veg)	Chickpeas, pumpkin & broccoli goulash (veg)	Breton style beans (vegan)	Paella with vegetables (vegan)	Barley risotto with baked veggies, mushrooms and pumpkn seeds (veg)
	Roast potatoes	Mashed potatoes	Bulgur wheat	Carrot & apple salad	
	Swedish Salad	White cabbage slaw	Sauerkraut salad		Beetroot salad with onion
Grill - Live cooking	Grilled pork neck in beer and rosemary	Tikka Masala chicken	Pork chop XL	Oriental chicken in teriyaki sauce	Burrito Tex-Mex (pork, rice, vegetables)
Macaroni	Pasta with broccoli and bacon	Fusilli with chicken in leek sauce	Pasta with meatballs in tomato sauce	Pasta with pesto and chicken	Spaghetti with ragout
Soup	Bean soup	Barberry	Silesian sour soup	Peasant soup	Krupnik
	Broccoli soup (veg)	Tomato soup with pasta (veg)	Lentil soup with roasted vegetables (veg)	Cauliflower soup (veg)	Beetroot cream with horseradish (veg)
Mains	Chicken fillet coated with Herbes de Provence	Roasted pork in a roast sauce	Chicken drumsticks with mushrooms and bacon	Grilled pork loin with vegetables	Chicken in spinach cake
	Paella With Chicken	Meatballs in thyme sauce	Tortilla with chicken and vegetables	Chili con carne with beans, peppers and corn	Stewed pork cheeks
	Pork in mushroom sauce	Chicken Curry Sauce	Goulash and strogonow	Chicken shoarma with vegetables and cheese	Kartach with pork and cracklings
Vegan	Cauliflower curry (veg)	Chickpeas, pumpkin & broccoli goulash (veg)	Breton style beans (vegan)	Paella with vegetables (vegan)	Barley risotto with baked veggies, mushrooms and pumpkn seeds (veg)
Fish	Fried Tilapia a'la bruschetta	Pollock in crispy breading	Hoki fish in batter	Cod breaded with sesame	Hake in pepper bater
Vegetarian	Red beans, chickpeas & carrot cutlet in tomato&pepper sauce (veg)	Breaded cheese (veg)	Bouuble and squeak (veg)	Spinach lasagne (veg)	Noodles with fried cabbage (veg)
Others	Russian dumplings (8 pcs)	Dumplings with spinach (8 pcs)	Ravioli dumplings, spicy with cheese and potatoes (8 pcs)	Dumplings with meat (8 pcs)	Russian dumplings (8 pcs)
	Pancakes with pineapple	Chocolate pancakes with sweet cheese	Pancakes with sweet cheese and orange	Chocolate pancakes with sweet cheese and peach	Vanilla pancakes with cottage cheese and nuts
	Pancakes with apples	Pancakes with apples	Apple fritters	Pancakes with apples	Pancakes with apples
Salads	Cabbage & corn salad	White cabbage slaw	Gypsy cabbage salad	Cabbage and carrots salad	Coleslaw with pepper
	Beetroot salad with onion	Carrot slaw with raisins	Beetroot salad with sunflower seeds	Carrot & apple salad	Beetroot salad with onion
	Sauerkraut salad	Peking cabbage & corn salad	Kohlrabi & cucumber salad	Peking cabbage & arugula salad	Salad with leek and carrot and apple in cream
	Swedish Salad	Red cabbage and apple salad	Zucchini and parsley salad	String bean & radish salad	Sauerkraut salad
	String bean & radish salad	Celery salad	Sauerkraut salad	Red caggage salad with onion and mayonnaise	White turnip & radish salad
Salads	Taco salad	Tomato and cauliflower salad	Gyros salad	Chickpeas salad with dried tomatoes	Cesar spinach with broccoli
	Spinach and typu feta cheese salad	Spicy devil's salad	Salad with red beans	Salad with surimi	Pumpkin & augurula salad
Vegetables	Spinach	Carrots and peas	Spinach	Carrots and peas	Spinach
	Mixed vegetables	Mix of steamed vegetables	Cauliflower with breadcrumbs	Brussels sprouts	Mixed vegetables
	Brussels sprouts	Broccoli with sunflower seeds	Carrot with sesame seeds	Broccoli with sunflower seeds	Yellow beans with breadcrumbs
	Cauliflower with garlic, parsley & crumbs	String beans mix	Mixed vegetables with sunflower seeds	Mixed veggies with roasted pumpkin seeds	Mini carrots with sesame seeds
Sides	Boiled potatoes	Mashed potatoes	Boiled potatoes	Mashed potatoes	Boiled potatoes
	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes
	Wild rice	Yellow rice	Rice	Rice with vegetables	Rice
	Barley	Couscous	Bulgur wheat	Buckwheat with onion	Buckwheat groats
	Dumplings	Dumplings	Dumplings	Spinach dumplings	Dumplings