

| | Monday 12-11-2018 | Tuesday 13-11-2018 | Wednesday 14-11-2018 | Thursday 15-11-2018 | Friday 16-11-2018 |
|-------------------------------------------------|-------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| IBMer's Lunch Meal of the day 1 | | Chicken curry with kaffir leaves & coconut milk | Ground pork with chives in onion sauce | Enchilada with pork | Chicken liver with onions and mushrooms |
| | | Rice with vegetables | Boiled potatoes | Roast potatoes | Boiled potatoes |
| | | Carrot salad with horseradish and cream | Carrot and oranges salad | Chinese cabbage with pumpkin & apple | Carrot salad with horseradish and cream |
| Meal of the day 2 | | Hungarian pork stew | Chicken tenderloins Stroganoff | Chicken steak in cumberland sauce | Peasant pork stew |
| | | Boiled potatoes | Yellow rice | Boiled potatoes | Buckwheat with onion |
| | | Coleslaw with broccoli and leek | White cabbage, pickled pepper, carrot and cucumber | Beetroot salad with onion | Coleslaw with broccoli and leek |
| Meal of the day 3 *** VEGETARIAN *** | | Aromatic Thai curry with cauliflower (veg) | Spicy oatmeal breaded cheese | Bulgur & red lentil cutlet with garlic dip (veg) | Chickpeas falafel with pepper & tomato sauce (veg) |
| | | Boiled potatoes | Roast potatoes | Rice | Rice with vegetables |
| | | Chienese cabbage with kale, cucumber and chive | Peking cabbage & corn salad | White cabbage salad with corn, dill and mayonnaise | Chienese cabbage with kale, cucumber and chive |
| Grill - Live cooking | | Oriental style noodles with chicken | Grilled pork neck with Mexican salsa | Potato fritters with chicken in greek style | Greek Burger (typu feta cheese, sun dried tomatoes, olives) |
| FIT Dish | | Spicy spaghetti with salami, arugula and mushrooms | Whole grain pasta with cooked chicken, zucchini, cherry tomatoes | Whole grain pasta with basil, mushrooms and braised chicken | Penne carbonara |
| Soup | | Broth with noodles | Broccoli soup | White cabbage soup | Sour cucumber soup |
| | | Mushroom soup with potatoes and green peas (veg) | Carrot cream sup with coriander (veg) | Vegan curry soup with kale (veg) | Corn soup |
| Mains | | Chicken breast with grilled vegetables | Ground pork with chives in onion sauce | Chicken steak in cumberland sauce | Pork loin chop in thyme breading |
| | | Pork cutlets in mushroom sauce | Chicken tenderloins Stroganoff | Cabbage leaves with meat&rice stuffing in tomato sauce | Ground chicken cutlet stuffed with cheese and persley |
| | | Chicken curry with kaffir leaves & coconut milk | Braised pork loin chop with leeks and bacon | Turkey with lemon sauce | Peasant pork stew |
| | | Turkey ragu | Chicken Gyros with onions, mushrooms and peppers | Enchilada with pork | Chicken fillet with pumpkin seeds |
| | | Hungarian pork stew | Pork in oyster sauce | Chicken tenderloins in coconut chips | Chicken liver with onions and mushrooms |
| | | Fried fish with tomatoes | Cod with gremolata under cheese | Fish fingers with sesame seeds | Pollock fillet in golden breadcrumbs |
| Vegan | | Aromatic Thai curry with cauliflower (veg) | Courgette lecho with fresh tomato (veg) | Oriental chickpeas with onion, tomatoes and zucchini (veg) | Chickpeas falafel with pepper & tomato sauce (veg) |
| Vegetarian one-pot dish | | Bulgur with chickpeas, mushrooms, sun-dried tomatoes, chickpeas, tomatoes (veg) | Egg cutlets (veg) | Lasagne with spinach & pumpkin (veg) | zucchini and mushroom chop with rice and tomato (veg) |
| | | Chops with cauliflower and millet (veg) | Spicy oatmeal breaded cheese | Bulgur & red lentil cutlet with garlic dip (veg) | Asparagus and cheese risotto (veg) |
| Others | | Pierogies with white cheese&potato (8 pcs) | Pierogies with spicy potato&cheese filling (8 pcs) | Pierogies stuffed with mushrooms and potatoes (8 pcs) | Pierogies stuffed with spinach (8pcs) |
| | | Vanilla pancakes with cottage cheese and nuts | Pancakes stuffed with sweet cheese and peach | Pancakes stuffed with sweet cheese and raspberries | Pancakes stuffed with sweet cheese and strawberries |
| | | Pancakes with apples | Pancakes with apples | Pancakes with apples | Pancakes with apples |
| Salads | | White cabbage slaw with horseradish | White cabbage with leek,apple and carrot | Coleslaw, red beans and mushrooms | Coleslaw with pepper |
| | | Beetroot salad with onion | Beetroot salad with onion | Beetroot salad with onion | Beetroot salad with onion |
| | | Carrot slaw with raisins | Carrots and pineapple salad | Carrot salad with peach | Carrots and raisins salad with orange note |
| | | Peking cabbage & arugula salad | Peking cabbage & corn salad | Chinese cabbage & sprouts salad | Chinese cabbage with green peas and leek |
| | | Summer squash and pickled mushroom salad | Spinach baby-leaves with green peas and typu feta cheese | Caesar salad (egg, croutons) | Chicken and avocado salad |
| | | Shanghai salad with chicken | Thai rice noodles salad with chicken and peanuts | Salad with surimi | Spinach, rocket salad, pear and black sesame |
| Vegetables | | Spinach | Spinach | Spinach | Spinach |
| | | Cheese couiflower | Steamed vegetables | Broccoli with cheese sauce | Yellow beans with breadcrumbs |
| | | String beans mix | Cauliflower with breadcrumbs | Carrot duo with bread crumbs and linseed | Mixed vegetables |
| | | Mushrooms in cream | Carrots and peas | Fried cabbage with bacon | Spinach & beetroot (veg) |
| Sides | | Boiled potatoes | Boiled potatoes | Boiled potatoes | Boiled potatoes |
| | | Roast potatoes | Roast potatoes | Roast potatoes | Roast potatoes |
| | | Dumplings | Dumplings | Dumplings | Dumplings |
| | | Yellow rice | Wild rice | Rice with vegetables | Italian rice with vegetables (veg) |
| | | Pearl barley with green peas | Barley | Bulgur wheat | Couscous with vegetables |