

	Monday 19-03-2018	Tuesday 20-03-2018	Wednesday 21-03-2018	Thursday 22-03-2018	Friday 23-03-2018
IBMer's Lunch Meal of the day 1	Panang curry with chicken and peanuts	Italian Pork Stew (zucchini, eggplant, celery, tomatoes)	Chicken liver with apples and marjoram	Chimichuri chicken tenderloins in a crispy tortilla	Meatballs in cucumber&dill sauce
	Yellow rice	Roast potatoes	Boiled potatoes	Roast potatoes	Rice with vegetables
	Carrot & apple salad	Peking cabbage & corn salad	Carrot and oranges salad	Coleslaw with pepper	White cabbage salad with dill
Meal of the day 2	Pork cutlet breaded with nigella seeds	Chicken sticks in crispy corn breading	Pork cutlets in pepper sauce	Sweet & sour pork	Old Bavarian style pork
	Boiled potatoes	Rice with vegetables	Buckwheat with onion	Rice with mushrooms	Boiled potatoes
	Beetroot salad with onion	Carrots and pineapple salad	White cabbage slaw	Leek & apple salad	Sauerkraut salad
Meal of the day 3 *** VEGETARIAN ***	Red beans, chickpeas & carrot cutlet in tomato&pepper sauce (veg)	Pumpkin stew with tofu, peppers, chickpeas and coconut milk (veg)	Potato cutlets with mushrooms (veg)	Vegetarian pumpkin & cheese fritters (veg)	Zucchini-potato pancakes with mint dip and feta cheese (veg)
	White cabbage, carrot and kohlrabi salad	White cabbage salad with cucumber and tomato	Beetroot salad with onion	Boiled potatoes	Carrot salad with horseradish and cream
				Chinese cabbage & sprouts salad	
Grill - Live cooking	Honey oriental chicken with nuts	Potato fritter with pork goulash and sour cream	BBQ Bang Beef Burger	Thai Green Chicken Curry	Grilled fish with vegetables
FIT Dish	Steamed chicken breast with white cheese and pumpkin puree	Cooked Turkey bites with fresh baby-spinach and mixed seeds	Autum-winter marinated chicken (curry, coriander...)	Steamed chicken breast with lime and thyme	Penne with salmon and broccoli
Soup	Mexican soup	Leek & cheese soup with meat	Mexican soup	Spanish soup with chicken and peppers	Broth with noodles
	Pepper soup (veg)	Pepper soup (veg)	White cabbage soup(veg)	Sour cucumber soup (veg)	Green peas and kale cream soup with croutons (veg)
Mains	Chicken breast in cream and cheese sauce with tomatoes and basil	Pork loin chops stuffed with tomatoe and cheese	Chicken breast in peanuts	Croquette stuffed with meat and cheese	Chicken in bread pastry
	Pork cutlet breaded with nigella seeds	Chicken sticks in crispy corn breading	Zucchini stuffed with minced meat	Chimichuri chicken tenderloins in a crispy tortilla	Meatballs in cucumber&dill sauce
	Chicken tenderloins in coconut chips	Pork loin chops stuffed with tomatoe and cheese	Chicken curry with sweet potatoes, multi-colour peppers and broccoli	Enchilada with pork	Breaded chicken wings
	Loin pork stewed in a sauce of forest mushrooms	Chicken brast in cornflake batter	Pork cutlets in pepper sauce	Old Bavarian style pork	Old Bavarian style pork
	Panang curry with chicken and peanuts	Italian Pork Stew (zucchini, eggplant, celery, tomatoes)	Breaded chicken wings	Sweet & sour pork	Cabbage leaves with meat&rice stuffing in tomato sauce
	Red beans, chickpeas & carrot cutlet in tomato&pepper sauce (veg)	Cutlet with zucchini and carrots (veg)	Potato cutlets with mushrooms (veg)	Vegetarian pumpkin & cheese fritters (veg)	Zucchini-potato pancakes with mint dip and feta cheese (veg)
	Fillet of pollock in golden breading	Hoki with vegetable salsa	Hake roasted with tomatoes and slices of lemon	Fish baked with tomato, celery and carrots	Tilapia in herb batter
Vegetarian one-pot dish	Bulgur with chickpeas, mushrooms, sun-dried tomatoes, olives and parsley (veg)	Pumpkin stew with tofu, peppers, chickpeas and coconut milk (veg)	Barley with green peas	Paella with vegetables (veg)	Sicilian caponata with aubergine, tomatoes, celery, olives and capers
Others	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with mushrooms and potatoes (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with sweet cheese and orange	Chocolate pancakes with sweet cheese and cherries	Pancakes stuffed with sweet cheese and blueberries	Chocolate pancakes with sweet cheese and raspberries	Pancakes stuffed with sweet cheese and strawberries
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
Salads	White cabbage, carrot and kohlrabi salad	White cabbage salad with cucumber and tomato	White cabbage slaw	Coleslaw with pepper	White cabbage salad with dill
	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot & apple salad	Carrots and pineapple salad	Carrot and oranges salad	Carrot salad with peach	Carrot salad with horseradish and cream
	Peking cabbage and leek salad	Peking cabbage & arugula salad	Chinese cabbage & sprouts salad	Peking cabbage & corn salad	Chinese cabbage with pumpkin & apple
	Swedish Salad	Red cabbage & cucumber salad	Pickled cucumber	Leek & apple salad	Sauerkraut salad
	Salad mix (corn, pepper, tomato, cucumber)	Cauliflower salad	Chef's salad with chicken and croutons	Vegetable salad with granulated onion	Greek salad
Vegetables	Spinach	Spinach	Spinach	Spinach	Spinach
	Broccoli with sunflower seeds	Mixed vegetables	Italian style veggies (green beans, carrot, zucchini & corn)	Yellow beans with breadcrumbs	Mixed vegetables with breadcrumbs
	Carrot duo with chive and bread crubms	Cauliflower with breadcrumbs	Brussels sprouts	Steamed vegetables	Glazed carrots
	Fried cabbage with bacon	Mushrooms in cream	Carrot with peas and pumpkin	Carrot with peas and pumpkin	Blue cabbage
Sides	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes
	French fries	French fries	French fries	French fries	French fries
	Dumplings	Dumplings	Spinach dumplings	Dumplings	Dumplings
	Yellow rice	Rice with vegetables	Wild rice	Rice with mushrooms	Rice with vegetables
	Buckwheat groats	Couscous with vegetables	Buckwheat with onion	Barley	Bulgur wheat