



MENU: week 12

	Monday 19-3-2018	Tuesday 20-3-2018	Wednesday 21-3-2018	Thursday 22-3-2018	Friday 23-3-2018
Soup	Pumpkin & coconut soup with chicken Broccoli soup	Sorrel soup with egg (veg) Mexican soup	Lentil soup with roasted vegetables (veg) Broth with noodles	Cauliflower and ginger soup (veg) Split pea soup	Mushroom soup (veg) Red beetroot soup
Live cooking	Burger with grilled chicken, mozzarella and tomato rucola	Tacos with chicken	Beef burger with cheese, tomato, pickled cucumber and hot sauce	Poultry Gyros in pita with vegetables and ala feta cheese	Salmon grilled on spinach with lemon butter sauce
Pan	Tagliatelle with chicken and oyster mushrooms	Pasta in pesto sauce with pieces of chicken	Fusilli with chicken in leek sauce	Penne with chicken in mushroom sauce	Spicy Chinese noodles with vegetables
Mains	Pork loin braised with zucchini, onion and broccoli Pork cutlets with lentils in gravy Roasted pork in herb sauce Grilled chicken fillet with bacon Leg of chicken with zucchini in tomato sauce Pieces of chicken in sweet and sour sauce Poultry loins wrapped in bacon with pesto Tilapia a la caprese Grilled hake marinated in herbs	Meatballs in tomato sauce with basil Pork neck braised with honey and garlic Lasagne with meat and vegetables Baked chicken breast topped with tomato and mozzarella Chicken with vegetables Stripsy chicken Chicken in cream and thyme sauce with onions and mushrooms Tilapia in tempura Hoki fish with tomato and green pesto	Pork in spicy marinade Pork cutlets in horseradish sauce Chicken in tomato salsa with ginger Chicken roulades with caper sauce Chicken rolls with spinach and peppers Roasted chicken leg Chicken curry ragout Fish cutlet with vegetables Breaded tilapia	Pork loin chop with chanterelles Pork neck stewed with souercroust Pork steak with onion, mushrooms and parsley Chicken breast with bacon in leek sauce Chicken shoarma with vegetables with garlic sauce Chicken with veggies and nuts in hoisin sauce Tortilla with chicken and spinach Cod breaded with sesame Steamed tilapia with vegetables baked under cheese	Roast of pork in herb sauce Pork stew with onions and mushrooms Cabbage leaves with meat&rice stuffing in tomato sauce Grilled jalapeno chicken breast Chicken tenderloins in coconut chips Chicken fillet with grilled zucchini and eggplant Provençal roasted chicken legs Miruna with cheese & spinach paste Hake roasted with tomatoes and slices of lemon
Vegetarian dish	Tortilla with vegetables (veg) Zucchini stuffed with vegetables (veg) Cauliflower with breadcrumbs Fried beetroot with sour cream Mushrooms with parsley Spinach braised in cream with garlic Yellow beans with breadcrumbs Cheese dumplings Pancakes with vanilla cottage cheese and cranberries	Buckwheat risotto with sun-dried tomatoes, mushrooms and parsley (veg) Chickpeas curry with zucchini and pepper (veg) Green string beans with garlic and bread crumbs Carrots and peas in a densely Spinach braised in cream with garlic Mushrooms in soy sauce Broccoli and cauliflower with breadcrumbs Fried dumplings Pancakes stuffed with sweet cheese and strawberries	Chickpeas cutlets (veg) Mexican pancakes Cooked beetroot (veg) Caramelized carrots with sesame seeds Spinach braised in cream with garlic Mushrooms in cream Brussels sprouts Dumplings Pancakes with cottage cheese, apple and cinnamon	Apples in sponge cake pastry Breaded cheese (veg) Carrot with sesame seeds Fried beetroot with sour cream Spinach braised in cream with garlic Mushrooms capucino String beans mix Dumplings with meat Chocolate pancakes with cottage cheese and banana	Falafel with kale and jalapeno Noodles fried with cabbage and mushroom Brussels sprouts Carrots and peas in a densely Spinach braised in cream with garlic Mushrooms in cream Green string beans with garlic and bread Dumplings Pancakes with sweet cheese
Others	French fries Dumplings Couscous with vegetables Buckwheat with onion Rice with mushrooms and peas Potatoe puree with onion Roast potatoes with garlic and marjoram Potato pancakes with onions, peppers, mushrooms(veg)	French fries Dumplings Groat bulgur with tomatoes and mint Barley groats with green beans and carrot Rice with mushrooms and peas Boiled potatoes Roast potatoes Potatoe pancakes with spinach (veg)	French fries Dumplings Groat, bulgur Turkish Buckwheat with onion Yellow rice Mashed potatoes Roast potatoes Potato pancakes	French fries Dumplings Couscous with vegetables Pearl barley with green peas Rice with vegetables Boiled potatoes Mashed potatoes Hungarian potato pancakes (veg)	French fries Dumplings Groat bulgur with dried tomatoes and parsley Buckwheat with onion Rice with vegetables Boiled potatoes Roast potatoes Potato & celery fritters
Salads	Chinese cabbage salad with mini corn butts Carrot with apple and red beetroot White cabbage slaw Salad with green beans, blue cheese and walnuts Celery salad with peaches and raisins Greek Salad Mexican salad Salad mix (corn, pepper, tomato, cucumber) Mushroom salad with egg and green beans Lamb's lettuce with chickpeas, cherry tomatoes and egg Salad with tuna	Red cabbage salad Salad with beet and cucumber Carrots and pineapple salad Salad with Chinese cabbage, kohlrabi, red onion and peppers Salad with leek and carrot and apple in cream Coleslaw Salad with crab sticks and celery Chicken Salad tandori Salad with green beans and nuts Salad with cherry tomatoes and arugula Salad with broccoli, eggs, cherry tomatoes and cucumber	Red cabbage salad, mayonnaise and garlic White cabbage with corn, leek and parsnip Beetroot salad with onion Chinese cabbage with oranges White radish salad with corn Celery salad Salad with broccoli and red beans salad rhodes Salad with leek, ham and celery Lettuce mix of colored peppers Salad with broccoli, eggs, cherry tomatoes and cucumber	Salad of red cabbage with red onion Beetroot salad with onion Carrots and pineapple salad Pickled cucumber Coleslaw with pepper Chinese cabbage salad, cucumber and red radish Grilled chicken and pepper salad Salad with green beans and nuts Rocket salad, pomegranate, cherry tomatoes and feta cheese Salad with chicken and vegetables in curry sauce Couscous and lentil salad	Carrot with apple and red beetroot Red cabbage and radish salad Chinese cabbage salad with mini corn butts Salad with celery, apple and cucumber with yoghurt Leek & apple salad Sauerkraut salad Mellon, pear & lettuce salad Greek feast (tomato, pepper, cucumber, red onion, feta cheese) Salad with crab sticks and celery Broccoli slaw with egg Gyros salad