



West Forum

# MENU - Week 30

	Monday 24-07-2017	Tuesday 25-07-2017	Wednesday 26-07-2017	Thursday 27-07-2017	Friday 28-07-2017
Soup	Millet soup on smoked pork	Leek soup with turkey	Red beetroot cream soup with smoked bacon	Broth with noodles	Pumpkin carrot soup with oranges
	Carrot cream soup (veg)	Mushroom soup (veg)	Broccoli soup (veg)	Horseradish soup with chives and egg (veg)	Vegetable soup (veg)
Warming Dish	Baked fat-free chicken pocket stuffed Italian way	Steamed chicken breast stuffed with cottage cheese and red berries	Turkey baked with vegetables and spicy herbs	Oil-free grilled pork chop on vegetable ratatouille	Pork kebab with onion and zucchini in yoghurt-mint pickle
Mains	Roasted pork in gravy	Pork chop with onions and mushrooms baked under cheese	Parisian chicken breast with gremolata	Pork chop breaded in red	Chicken breast in parsnip breading
	Chicken breast in sesame seeds	Chicken breast in sesame batter	Roast of pork in chanterelle sauce	Chicken paella with mixed vegetables	Chicken curry with zucchini
	Pork cutlets in pepper sauce	Pork meatballs in dill sauce	Hunter's pork stew	Chilli con carne	Pork steak with onion
	Penne with chicken and spinach	Pasta in chanterelle sauce	Tagliatelle with chicken and spinach&cream sauce	Stir-fried noodles with vegetables and chicken	Noodles with bacon, dried tomatoes and onion
	Breaded fish with spinach	Hake fish in dill sauce	Tilapia in curry batter	Hoki in sunflower seeds breading	Tilapia a`la caprese
Vegetarian	Chickpeas curry (veg)	Lentil & grilled veggies goulash (veg)	Vegetable enchiladas (veg)	Chickpeas cutlets (veg)	Chickpeas with tomatoes and peppers
Other	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with spinach (8pcs)	Pierogies with white cheese&potato (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with raisins	Chocolate pancakes with sweet cheese and redcurrants	Pancakes with sweet cheese and black currants	Chocolate pancakes with cheese and raspberries	Pancakes with cottage cheese
Salads	Young cabbage with dill	White cabbage slaw with horseradish	Coleslaw with broccoli and leek	White cabbage salad with corn, dill and mayonnaise	Coleslaw with leek
	Leek and apple salad	Salad with smoked cheese and spinach	Red cabbage slaw	Peking cabbage salad	Sauerkraut salad
	Sauerkraut salad	Celery salad with peaches and raisins	Lettuce, radish and cucumber salad	Red cabbage with carrot and raisins	White radish salad with corn
	Cucumber salad with sour cream	Tomatoes and onions	Beetroot salad with onion	Water melon, arugula, lettuce and mint salad	Greek salad
Warm Veggies	Spinach	Spinach	Spinach	Spinach	Spinach
	Cheese couiflower	Cauliflower with broccoli and roasted mushrooms	Yellow beans with breadcrumbs	Green string beans with garlic and bread crumbs	Mixed vegetables
	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish	Beetroots with horseradish
Sides	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Buckwheat with onion	Groat bulgur with dried tomatoes and onion	Turkish bulgur	Bulgur wheat	Barley with mushrooms and onions
	Wild rice	Yellow rice with corn, carrot and peas	Egg rice	Yellow rice with corn, carrot and peas	Rice with mushrooms and peas