



West Forum

# MENU - Week 46

|              | Monday 13-11-2017   | Tuesday 14-11-2017   | Wednesday 15-11-2017   | Thursday 16-11-2017  | Friday 17-11-2017   |
|--------------|---|--|--|--|---|
| Soup         | Red beetroot cream soup with smoked bacon                     | Leek & cheese soup with meat                                   | Goulash soup with beans  | Mexican soup   | Bean soup   |
|              | Cream vegetable soup with buckwheat (veg)                     | Turkish lentil and bulgur soup                                 | Carrot cream soup with ginger, cardamon and coconut milk (veg)                   | Parsnip & celeriac crem soup (veg)                               | Pumpkin & coconut milk soup                               |
| Warming Dish | Baked fat-free chicken pocket stuffed Italian way             | Marinara with seafood  | Cooked chicken breast a la bruschetta (with tomatoes, basil, garlic and sprouts) | Chicken breast stuffed with chorizo with cheese and tomato sauce | Pork kebab with onion and zucchini in yoghurt-mint pickle |
| Mains        | Chicken breast in parsnip breading                            | Pork chop with onions and mushrooms baked under cheese         | Roast of pork in gravy   | Chicken breast in almond breading                                | Pork chop breaded in red                                  |
|              | Mexican pork stew   | Pork in mushroom sauce   | Chicken fillet stewed in mushroom sauce  | Meatballs in tomato sauce with basil                             | Chicken steak with tomatoes baked under cheese            |
|              | Mustard & tarragon chicken                                    | Crispy chicken and veggies tortilla                            | Chicken wings in corn breading   | Roasted pork in gravy  | Chicken stew in tomato sauce with pepper and corn         |
|              | Pasta with pesto and chicken                                  | Fried nuddle with chicken & veg                                | Chinese fried noodles with marinated chicken and mun mushrooms                   | Noodles with bacon, dried tomatoes and onion                     | Spaghetti Bolognese                                       |
|              | Hoki with vegetable salsa                                     | Tilapia in curry batter  | Fish Hungarian style   | Breaded tilapia fish with pumpkin seeds                          | Hoki in sunflower seeds breading                          |
| Vegetarian   | Chickpeas and pumpkin curry with potatoes and coriander (veg) | Risotto with spinach (veg)                                     | Noodles with fried cabbage (veg)   | Potato pancakes with onions, peppers, mushrooms)(veg)            | Chickpeas with tomatoes and peppers                       |
| Other        | Pierogies with white cheese&potato (8 pcs)                    | Pierogies stuffed with meat (8 pcs)                            | dampiuigyf   | Pierogies with spicy potato&cheese filling (8 pcs)               | Pierogies with white cheese&potato (8 pcs)                |
|              | Pancakes stuffed with sweet cheese and banana                 | Pancakes with vanilla cottage cheese and cranberries           | Pancakes stuffed with sweet cheese and peach                                     | Chocolate pancakes with cheese and raspberries                   | Pancakes with cottage cheese                              |
| Salads       | White cabbage, pickled pepper and apple salad                 | White cabbage slaw with horseradish                            | White cabbage salad with cucumber and tomato                                     | White cabbage salad with dill                                    | Slaw with white and red cabbage                           |
|              | Carrot and oranges salad                                      | Celery, leek and apple salad                                   | Swedish Salad  | Rocket salad with oranges, nuts and honey sauce                  | Sauerkraut salad  |
|              | Chinese cabbage with green peas and leek                      | Carrot slaw with raisins                                       | Red beetroot with onion and raisins  | Red cabbage salad  | Carrot, apple and horseradish salad                       |
|              | Chef's salad with chicken and croutons                        | Greek feast (tomato, pepper, cucumber, red onion, feta cheese) | Peking cabbage & corn salad  | Pickled cucumber & onion salad                                   | Chienese cabbage with kale, cucumber and chive            |
| Warm Veggies | Spinach   | Spinach  | Spinach  | Spinach  | Spinach   |
|              | Broccoli with sunflower seeds                                 | Carrot duo with bread crumbs and peanut                        | Mixed vegetables with sunflower seeds  | Carrots and peas in breadcrumbs                                  | Yellow beans with breadcrumbs                             |
|              | 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   |
|              | Bulgur wheat  | Groat bulgur with dried tomatoes and onion                     | Turkish bulgur   | Millet groat   | Barley with mushrooms and onions                          |
|              | Rice with mushrooms and peas                                  | Yellow rice with corn, carrot and peas                         | Rice with vegetables   | Rice with vegetables   | Rice  |