

Aquarius

MENU - week 30

	Monday 10-06-2017	Tuesday 11-06-2017	Wednesday 12-06-2017	Thursday 13-06-2017	Friday 14-06-2017
Meal of the day 1	Pork shepherd's pie (onion, green peas, parsnip, carrot...)	Chicken shoarma with vegetables with garlic sauce	Breaded Chicken	Lasagne with meat and vegetables	Chicken cutlets in sauce zucchini
	Barley	Rice with mushrooms	Boiled new potatoes		Rice with carrots and peas
	Cucumber salad with sour cream	Peking cabbage salad with carrot	Cucumber salad with sour cream	Peking cabbage & corn salad	Sauerkraut salad
Meal of the day 2	Sweet and sour chicken wings	Pork roasted with fresh herbs	Pork roasted with fresh herbs	Roasted chicken legs Hawaiian style	Pork loin chop with double pepper and thyme
	Boiled new potatoes	Boiled new potatoes	Wild rice	Roast potatoes with garlic and marjoram	Roast potatoes
	Coleslaw	Beetroot salad with sunflower seeds	White cabbage, pickled pepper and apple salad	Cabbage and carrots salad	Young cabbage with carrot, apple and dill
Meal of the day 3 *** VEGETARIAN ***	Green-veggy fritters (veg)	White bean and veggies cutlets (veg)	Millet cutlet with young beets and tzatziki dip (veg)	Vegetable fritters with sunflower seeds (veg)	Potato & cheese kofta with veggies in tomato sauce (veg)
	Yellow rice	Pearl barley with green peas	Couscous with vegetables	Buckwheat	Bulgur wheat
	String bean & radish salad	Red cabbage and apple salad	Leek & apple salad	Tomatoes in cream	Cucumber salad with sour cream
Grill - Live cooking	Grilled chicken served on a bed of lettuce and vegetables	Pork tortilla with garlic sauce and vegetables	Burger with grilled bacon and remoulade	Ribs in sweet glaze on grilled vegetables	Grilled hake marinated in herbs
FIT Dish	Oil-free grilled pork tenderloin with broccoli paste and carrot rose	Turkey on lettuce with vegetable salad	Chicken breast stuffed with white cheese and spinach	Steamed pork loin rolls stuffed with pepper-horseradish mouse	Oven-baked cod in 0% yoghurt marinade
Soup	Spring soup with chicken fillet	Potato cream soup with bacon and sweet cream	Chicken soup with carrots and green peas	Czech garlic soup with croutons	Harira - Moroccan soup
	Tomato cream soup (veg)	Zucchini cream soup (veg)	Oyster tripe soup (veg)	Cauliflower soup (veg)	Parsley & celery cream soup with carrot chips (veg)
Mains	Pork shepherd's pie (onion, green peas, parsnip, carrot...)	Pork with vegetables	Chebureks (fried dumplings Ukrainian)	Lasagne with meat and vegetables	Chicken paella with mixed vegetables
	Sweet and sour chicken wings	Chicken shoarma with vegetables with garlic sauce	Hungarian pork stew	Chicken stew in tomato sauce with pepper and corn	Pork loin chop with double pepper and thyme
	Chicken in spinach batter	Pork roasted with fresh herbs	Breaded chicken fillet with sesame	Roasted chicken legs Hawaiian style	Chicken cutlets in sauce zucchini
	Green-veggy fritters (veg)	White bean and veggies cutlets (veg)	Millet cutlet with young beets and tzatziki dip (veg)	Vegetable fritters with sunflower seeds (veg)	Potatoe pancakes with spinach (veg)
Tilapia with salsa sauce	Hake in bearnaise sauce	Cod in crispy shell on spinach	Miruna with cheese & spinach paste	Fish cutlet with vegetables	
Vegetarian	Hungarian lecho (veg)	Vegetables Italian-style (veg)	Eggplant Egyptian style (veg)	Vegetables in batter	Mini burgers
Others	Pierogies with white cheese&potato (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies with mushrooms and potatoes (8pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Banana fritters	Pancakes with apples	Chocolate pancakes with sweet cheese and redcurrants	Cheese fritters with pepper	Pancakes stuffed with sweet cheese and strawberries
	Pancakes stuffed with sweet cheese and raspberries	Vanilla pancakes with cottage cheese and nuts	Pancakes with apples	Pancakes with sweet cheese	Vanilla pancakes with cottage cheese and nuts
Salads	Cucumber salad with sour cream	Tomatoes in cream	Cucumber salad with sour cream	Tomatoes and onions	Cucumber salad with sour cream
	Carrot & celery salad	Beetroot salad with sunflower seeds	Carrot, apple and horseradish salad	Leek and apple salad	Kohlrabi & cucumber salad
	Young cabbage with dill	Red cabbage and apple salad	White cabbage, pickled pepper and apple salad	Cabbage and carrots salad	Red beetroot with onion and raisins
	Coleslaw	Peking cabbage salad with carrot	Leek & apple salad	Peking cabbage & corn salad	Young cabbage with carrot, apple and dill
	String bean & radish salad	Zucchini and parsley salad	Celery salad with peaches and raisins	White radish salad	Sauerkraut salad
Salads	Salad with smoked chicken and orange	Italian salad (basil, tomato, celery, mint)	Yoghurt salad with cooked chicken	Tomato and cauliflower salad	Spinach baby-leaves with green peas and typu feta cheese
	Chicken & cranberries salad	Moroccan couscous salad	Bulgur salad with chickpeas, kale, pepper and corn	Spinach, rocket salad, pear and black sesame	Salad with fried salami, tomatoes, pickled peppers, corn and cheese
Vegetables	Spinach	Carrots and peas	Spinach	Carrots and peas	Spinach
	Mixed veggies with roasted pumpkin seeds	Mixed vegetables with breadcrumbs	Broccoli with sunflower seeds	Cauliflower with breadcrumbs	Mixed vegetables
	Mini carrots with sesame seeds	Brussels sprouts	String beans mix	Brussels sprouts	String beans mix
	Cauliflower with garlic, parsley & crumbs	Yellow beans with breadcrumbs	Mix of steamed vegetables	Mixed vegetables with sunflower seeds	Broccoli, cauliflower & corn
Sides	Boiled new potatoes	Boiled new potatoes	Boiled new potatoes	Roast potatoes with garlic and marjoram	Boiled new potatoes
	Roast potatoes	Roast potatoes	Roast potatoes	Boiled new potatoes	Roast potatoes
	Dumplings	Rice with mushrooms	Couscous with vegetables	Dumplings	Rice with carrots and peas
	Yellow rice	Spinach dumplings	Wild rice	Rice with vegetables	Bulgur wheat
	Barley	Pearl barley with green peas	Dumplings	Buckwheat	Dumplings