

Aquarius MENU - week 46

	Monday 12-11-2018	Tuesday 13-11-2018	Wednesday 14-11-2018	Thursday 15-11-2018	Friday 16-11-2018
Meal of the day 1		Chicken in spicy coating	Pork chop with mushrooms	Chicken fillet in a parsley dough	Grilled pork neck in own sauce
		Roast potatoes with garlic and marjoram	Boiled potatoes	Roast potatoes with garlic and marjoram	Buckwheat groats
		White cabbage slaw	Beetroot salad with sunflower seeds	Carrot & apple salad	Beetroot salad with onion
Meal of the day 2		Pork steak with onion	Pork steak with onion	Pork stew with zucchini, peppers and mushrooms	Minced pork chop
		Mashed potatoes	Roast potatoes	Buckwheat with onion	Boiled potatoes
		Red cabbage and apple salad	Kohlrabi & cucumber salad	Red caggage salad with onion and mayonnaise	Sauerkraut salad
Meal of the day 3 *** VEGETARIAN ***		Carrot Fritters (veg)	Parsley & celery fritters (veg)	Quesadilla with veggies (veg)	Vegetables in batter
		Yellow rice	Rice	Rice with vegetables	Roast potatoes
		Celery salad	Gypsy cabbage salad	String bean & radish salad	Salad with leek and carrot and apple in cream
Grill - Live cooking		Beef ham De`luxe	Czech dumplings with hunting goulash and juniper berries	Chicken Cacciatore"	Pork tortilla with spicy tomato sauce
Macaroni		Pasta with chicken and spinach	Cottage style nooddles with sausage, onion	Chinese noodles with chicken	Pasta with ham and mushrooms
Soup		Vegetable cream soup (veg)	Pumpkin soup with coconut milk (veg)	Paprika soup (veg)	Brussels sprouts (veg)
		cucumber	Potato soup with bacon	Cabbage soup	Chicken noodle soup
Mains		Chicken in spicy coating	Pork chop with mushrooms	Chicken fillet in a parsley dough	Grilled pork neck in own sauce
		Pork steak with onion	Sweet and sour wings	Pork stew with zucchini, peppers and mushrooms	Chicken leg mustard honey
		Pork in oyster sauce	Chicken fricassee	Pork steak	Minced pork chop
		Carrot Fritters (veg)	Parsley & celery fritters (veg)	Quesadilla with veggies (veg)	Vegetables in batter
		Hoki fish in lemon herb crust	Tilapia in batter	Breaded cod	Hake in pepper bater
Vegetarian		Vegetarian pot with beans, sweet corn, lentils and vegeables	Spinach pancakes with white cheese filling (veg)	Aromatic Thai curry with cauliflower (veg)	Vegetable gratin (veg)
Others		Dumplings with meat (8 pcs)	Dumplings with spinach (8 pcs)	Ravioli dumplings, spicy with cheese and potatoes (8 pcs)	Russian dumplings (8 pcs)
		Chocolate pancakes with sweet cheese	Pancakes with sweet cheese and orange	Chocolate pancakes with sweet cheese and peach	Vanilla pancakes with cottage cheese and nuts
		Pancakes with apples	Apple fritters	Pancakes with apples	Pancakes with apples
Salads		White cabbage slaw	Gypsy cabbage salad	Cabbage and carrots salad	Coleslaw with pepper
		Carrot slaw with raisins	Beetroot salad with sunflower seeds	Carrot & apple salad	Beetroot salad with onion
		Peking cabbage & corn salad	Kohlrabi & cucumber salad	Peking cabbage & arugula salad	Salad with leek and carrot and apple in cream
		Red cabbage and apple salad	Zucchini and parsley salad	String bean & radish salad	Sauerkraut salad
		Celery salad	Sauerkraut salad	Red caggage salad with onion and mayonnaise	White turnip & radish salad
Salads		Salad with typu feta cheese	Salad with bacon and cheese	Chickpeas salad with dried tomatoes	Greek feast (tomato, pepper, cucumber, red onion, typu feta cheese)
		Autum salad with red peppers stripes and diced pork	Agurula and avocado salad	Grilled chicken and pepper salad	Salad with broccoli, radishes and corn with yogurt sauce
Vegetables		Carrots and peas	Spinach	Carrots and peas	Spinach
		Mix of steamed vegetables	Cauliflower with breadcrumbs	Brussels sprouts	Mixed vegetables
		Broccoli with sunflower seeds	Carrot with sesame seeds	Broccoli with sunflower seeds	Yellow beans with breadcrumbs
		String beans mix	Mixed vegetables with sunflower seeds	Mixed veggies with roasted pumpkin seeds	Mini carrots with sesame seeds
Sides		Mashed potatoes	Boiled potatoes	Mashed potatoes	Boiled potatoes
		Roast potatoes with garlic and marjoram	Roast potatoes	Roast potatoes with garlic and marjoram	Roast potatoes
		Yellow rice	Rice	Bulgur wheat	Rice
		Cous cous	Bulgur wheat	Buckwheat with onion	Buckwheat groats
		Barley	Dumplings	Dumplings	Dumplings