

	Monday 14-01-2019	Tuesday 15-01-2019	Wednesday 16-01-2019	Thursday 17-01-2019	Friday 18-01-2019
IBMer's Lunch	Chicken Stroganoff with leek	Chicken liver with spinach and zucchini	Peasant pork stew	Chicken cutlet with black pepper	Turkey ragu
Meal of the day 1	Rice with vegetables Carrot and oranges salad	Boiled potatoes Beetroot salad with onion	Pearl barley with green peas Carrot & celery salad	Boiled potatoes Carrot & apple salad	Barley groats with green beans and carrot Carrot salad with horseradish and cream
Meal of the day 2	#REF! Roast potatoes Beetroot salad with onion	Pork meatballs with Peking cabbage Yellow rice Cabbage & mayonnaise salad	Ground chicken rolls stuffed with vegetables Roast potatoes Beetroot salad with onion	Pork with zucchini and bamboo shoots Roast potatoes Sauerkraut salad	Pork in curry sauce Boiled potatoes Sauerkraut salad
Meal of the day 3 *** VEGETARIAN ***	Braised sauerkraut and cabbage (veg) Boiled potatoes	Roast potatoes Chinese cabbage and white radish salad	Yellow curry with tofu, mango and fresh baby-spinach Boiled potatoes	Paella with vegetables (veg) Peking cabbage & corn salad	Chickpeas, pumpkin & broccoli goulash (veg) Italian rice with vegetables (veg) White cabbage, pickled pepper, carrot and cucumber
Grill - Live cooking	Grilled chicken breast with pumpkin and vegetables	Potato fritter with Hungarian goulash	Crispy chicken breast with mango sauce	Beef Burger BBQ (beef, bacon, tomato, cheddar cheese, red onion, BBQ sauce)	Grilled fish with vegetables
FIT Dish	Boiled chicken breast stuffed with courgette	Pork loin in rosemary&juniper marinade with chanterelle sauce touched with chilli	Chicken breast with broccoli puree	Pork neck rolls stuffed with mushrooms and spinach	Cooked chicken breast stuffed with vegetables
Soup	Broth with noodles Mushroom soup with potatoes and green peas (veg)	Split pea soup Cream vegetable soup with buckwheat (veg)	Polish 'zurek' soup Minestrone	Red beetroot & vegetable soup Mushroom cream soup	Chicken,cauliflower and ginger soup Vegetable soup with barley (veg)
Main dish	Chicken Stroganoff with leek Chicken rolls stuffed with green beans and bacon #REF! Gypsy pork stew	Pork spicy Thai Larb Chicken liver with spinach and zucchini Pork meatballs with Peking cabbage Chicken bites in beer batter	Peasant pork stew Chicken shoarma with garlic sauce Tortilla with spicy pork and vegetables Ground chicken rolls stuffed with vegetables	Chicken cutlet with black pepper Breaded chicken breast Pork with zucchini and bamboo shoots Chunks of pork coated in sesame seeds	Pork in curry sauce Souvlaki with chicken, onion, pepper and tzatziki sauce Turkey ragu Breaded pork chop
Macaroni	Noodles with chicken, mushrooms and tarragon	Penne with turkey and spinach	Pasta diavolo (spicy)	Fusilli with chicken in spinach sauce	Noodle panang curry with chicken and peanuts
Fish	Tilapia in herb batter	Fish baked with vegetables	Hoki fish with garlic sauce	Miruna with cheese & spinach paste	0
Vegan	Braised sauerkraut and cabbage (veg)	Buckwheat risotto with vegetables (veg)	Yellow curry with tofu, mango and fresh baby-spinach (veg)	Paella with vegetables (veg)	Chickpeas, pumpkin & broccoli goulash (veg)
Vegetarian one-pot dish	Barley with green peas Vegetable fritters with garlic dip (veg)	Tortilla with red lentil, pepper, carrot and cheese (veg)	Croquet with mushrooms and cheese (veg) Barley risotto with baked veggies, mushrooms and pumpkin seeds (veg)	Dumplings with sage butter, pumpkin, arugola and roasted seeds Potato fritters with spinach and typu feta cheese (veg)	Spicy oatmeal breaded cheese Barley cutlets with mushrooms, sunflower seeds and parsley (veg)
Others	Pierogies with white cheese&potato (8 pcs) Pancakes with sweet cheese and blackberries Pancakes with apples	Pierogi with spicy potato&cheese filling (10pcs) Pancakes stuffed with sweet cheese and peach Pancakes with apples	Pierogies stuffed with mushrooms and potatoes (8 pcs) Pancakes stuffed with sweet cheese and raspberries Pancakes with apples	Pierogies stuffed with spinach (8pcs) Pancakes stuffed with sweet cheese and strawberries Pancakes with apples	Pierogies with white cheese&potato (8 pcs) Pancakes with vanilla cottage cheese and cranberries Pancakes with apples
Salads	White cabbage, pickled pepper, carrot and cucumber Beetroot salad with onion Carrot and oranges salad Peking cabbage salad with carrot Lettuce and tomato with vinaigrette dressing Greek feast (tomato, pepper, cucumber, red onion, typu feta, cheese)	Cabbage & mayonnaise salad Beetroot salad with onion Carrot salad with peach Chinese cabbage & sprouts salad Salad with tuna Vegetable salad with granulated onion	White cabbage slaw with horseradish Beetroot salad with onion Carrot & celery salad Peking cabbage & arugula salad Salad with smoked cheese and spinach Salad with tuna	White cabbage salad with dill Beetroot salad with onion Carrot & apple salad Peking cabbage & corn salad Hawaiian Salad (chicken, pineapple) Spring salad	White cabbage, pickled pepper, carrot and cucumber Beetroot salad with onion Carrot salad with horseradish and cream Leek and apple salad Salad with typu feta cheese Mexican salad with chicken
Vegetables	Spinach Broccoli with cheese sauce Cauliflower with garlic, parsley & crumbs Carrots and peas	Spinach Carrot duo with linseeds String beans mix Mushrooms in cream	Spinach Steamed vegetables Cauliflower with broccoli and roasted pumpkin seeds Carrots and peas	Spinach Glazed carrots Brussels sprouts Fried cabbage with bacon	Spinach Yellow beans with breadcrumbs Mixed vegetables Cooked beetroot (veg)
Sides	Boiled potatoes Roast potatoes Dumplings Rice with vegetables Dumplings	Boiled potatoes Roast potatoes Dumplings Yellow rice Dumplings	Boiled potatoes Roast potatoes Dumplings Wild rice Spinach dumplings	Boiled potatoes Roast potatoes Dumplings Rice with vegetables Dumplings	Boiled potatoes Roast potatoes Dumplings Italian rice with vegetables (veg) Dumplings