

	Monday 15-10-2018	Tuesday 16-10-2018	Wednesday 17-10-2018	Thursday 18-10-2018	Friday 19-10-2018
<b>IBMer's Lunch Meal of the day 1</b>	Pork cutlets in mushroom sauce	Ground pork with chives in onion sauce	Enchilada with pork and vegetables	Chicken liver with apples and marjoram	Pork steak with pickled cucumber and tomato baked under cheese
	Boiled potatoes	Buckwheat with onion	Roast potatoes	Couscous with vegetables	Boiled potatoes
	Coleslaw, red beans and mushrooms	Beetroot salad with onion	Chienese cabbage with kale, cucumber and chive	Beetroot salad with onion	Sauerkraut salad
<b>Meal of the day 2</b>	Chicken curry with kaffir leaves & coconut milk	Chicken tenderloins Stroganoff	Chicken steak in cumberland sauce	Peasant pork stew	Grilled chicken fillet with salsa
	Yellow rice	Boiled potatoes	Boiled potatoes	Yellow rice with corn, carrot and peas	Barley
	Peking cabbage & corn salad	Carrot & apple salad	White cabbage salad withcorn, dill and mayonnaise	Red cabbage and apple salad	Chinese cabbage & sprouts salad
<b>Meal of the day 3 *** VEGETARIAN ***</b>	White bean and veggies cutlets (veg)	Cheese coated in sesame (Veg)	Chickpeas and pumpkin curry with potatos and coriander (veg)	Noodles with fried cabbage (veg)	Zucchini and typu feta cheese fritters with capers (veg)
	Bulgur wheat	Roast potatoes	Rice with mushrooms	Boiled potatoes	Rice with vegetables
	Carrot slaw with raisins	Coleslaw with pepper	Carrot and oranges salad	White cabbage salad with dill	Carrots and pineapple salad
<b>Grill - Live cooking</b>	Rice with pork and vegetables	Grilled pork neck with Mexican salsa	Potat fritter with beef goulash and sour cream	Burger with grilled chicken , mozzarella , spinach and tomato	Grilled hake marinated in herbs
<b>FIT Dish</b>	Pasta with chicken, sun dried tomatoes, zucchini and sage	Pasta with chicken, sun dried tomatoes, zucchini and sage	Penne carbonara	Pasta bolognese	Pasta neapolitana
<b>Soup</b>	Young red beetroot soup	Broccoli soup	Young red beetroot soup	Goulash soup	Fish soup with lime leaves
	Forest mushrooms soup with dumplings (veg)	Forest mushrooms soup with dumplings (veg)	Green peas cream soup (veg)	Minestrone (veg)	0
<b>Mains</b>	Chicken breast with ham and cheese	Ground pork with chives in onion sauce	Chicken steak in cumberland sauce	Kofta with pork meat with mint	Chicken breast in nut breading
	Pork cutlets in mushroom sauce	Chicken tenderloins Stroganoff	Groud pork&rice filled cabbage rolls simmered in tomato sauce	Ground chicken outlet stuffed with cheese and persley	Pork loin chop stuffed with sausage in mushroom sauce
	Chicken curry with kaffir leaves & coconut milk	Ground pork with chives in onion sauce	Stuffed chicken fillet in sweet & sour sauce	Peasant pork stew	Turke curry with string beans
	Breaded pork neck with garlic and marjoram	Chicken Gyros with onions, mushrooms and peppers	Enchilada with pork and vegetables	Pork steak with pickled cucumber and tomato baked under cheese	Pork steak with pickled cucumber and tomato baked under cheese
	Baked turkey with vegetables in creame sauce	Pork in oyster sauce	Turke curry with string beans	Chicken shish kebab with vegetables	Chicken shish kebab with vegetables
	Millet & broccoli cutlet with sunflower seeds (veg)	Cheese coated in sesame (Veg)	Chickpeas and pumpkin curry with potatos and coriander (veg)	Cabbage leaves stuffed with mushrooms and rice (veg)	Zucchini and typu feta cheese fritters with capers (veg)
	Fried fish with tomatoes	Cod with gremolata under cheese	Fish outlet with vegetables	Pollock in crispy breading	Hoki fish in lemon herb crust
<b>Vegetarian one-pot dish</b>	Buckwheat with forest mushrooms (veg)	Egg cutlets (veg)	Spinach lasagne (veg)	Aloo gobi (cauliflower, potatoes, tomatoes, peas) (veg)	Chickpeas with tomatoe sauce and pepper (veg)
<b>Others</b>	Pierogies with white cheese&potato (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies stuffed with mushrooms and potatoes (8 pcs)	Pierogies stuffed with meat (8 pcs)	Pierogies with white cheese&potato (8 pcs)
	Pancakes with sweet cheese and orange	Chocolate pancakes with sweet cheese and cherries	Pancakes stuffed with sweet cheese and blueberries	Chocolate pancakes with sweet cheese and raspberries	Pancakes stuffed with sweet cheese and strawberries
	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples	Pancakes with apples
<b>Salads</b>	Coleslaw, red beans and mushrooms	Coleslaw with pepper	White cabbage salad withcorn, dill and mayonnaise	White cabbage salad with dill	White cabbage salad with cucumber and tomato
	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion	Beetroot salad with onion
	Carrot slaw with raisins	Carrot & apple salad	Carrot and oranges salad	Carrot salad with apple in cream	Carrots and pineapple salad
	Peking cabbage & corn salad	Peking cabbage and leek salad	Chienese cabbage with kale, cucumber and chive	Peking cabbage & arugula salad	Chinese cabbage & sprouts salad
	White turnip & apple salad	Leek and peas salad	Pickled cucumber	Red cabbage salad	Sauerkraut salad
	Gyros salad	Chickpeas salad with dried tomatoes	Watermelon and tomato with typu feta cheese	Chicken and avocado salad	Greek salad
<b>Vegetables</b>	Spinach	Spinach	Spinach	Spinach	Spinach
	Steamed vegetables	Green string beans with garlic and bread crumbs	Mixed oriental veggies	Yellow beans with breadcrumbs	Broccoli, cauliflower & corn
	Broccoli with sunflower seeds	Carrot with sesame seeds	Carrots duo with sesame	Mixed vegetables	Carrot duo with bread crumbs and linseed
	Carrots and peas	Mushrooms in cream	Grilled vegetables	Grilled vegetables	Fried cabbage with bacon
<b>Sides</b>	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes	Boiled potatoes
	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes	Roast potatoes
	French fries	French fries	French fries	French fries	French fries
	Dumplings	Spinach dumplings	Dumplings	Dumplings	Dumplings
	Yellow rice	Wild rice	Rice with mushrooms	Yellow rice with corn, carrot and peas	Rice with vegetables
	Bulgur wheat	Buckwheat with onion	Buckwheat groats	Couscous with vegetables	Barley