



## West Forum MENU - tydzień43

	Monday 21-10-2019	Tuesday 22-10-2019	Wednesday 23-10-2019	Thursday 24-10-2019	Friday 25-10-2019
Soup	Polish 'zurek' soup	Goulash soup with smoked pepper and cumin	Red beetroot & vegetable soup		
	Soup of red lentils and cauliflower with aromatic spices (veg)	Cream of green vegetable soup with kale	Sour cucumber soup (veg)		
FIT Dish	Steamed chicken breast stuffed with cottage cheese and red berries	Steamed turkey with vegetables	0		
Main dish	Pork stew with zucchini, peppers and mushrooms	Pork loin chop in oatmeal	Chicken steak with tomatoes baked under cheese		
	Chicken fillet stewed in mushroom sauce	Chicken cutlets in sauce zucchini	Pork with mushroom and bamboo shoots		
	Chicken curry with kaffir leaves & coconut milk	Sweet & sour pork	Chicken tenderloins in batter		
Main dish	Whole grain pasta with cooked chicken, zucchini, cherry tomatoes	Chinese fried noodles with marinated chicken and mushroom	Pasta carbonara		
Fish	Tilapia in curry batter	Breaded hoki fish	Fish in Greek way		
Vegetarian	Indian Muttar tofu (veg)	Chickpeas, pumpkin & broccoli goulash (veg)	Vegetarian pot with beans, sweet corn, lentils and vegetables		
	Zucchini and tyfu feta cheese fritters with capers (veg)	Sicilian caponata with aubergine, tomatoes, celery, olives and capers	Lentil & rice balls in tomato-veggie sauce (veg)		
Dumplings	Pierogies with white cheese&potato (8 pcs)	Pierogies with spicy potato&cheese filling (8 pcs)	Pierogies stuffed with mushrooms and potatoes (8 pcs)		
Pancakes	Vanilla pancakes with cottage cheese and nuts	Pancakes stuffed with sweet cheese and peach	Pancakes stuffed with sweet cheese and raspberries		
Salad	Young cabbage with radish	Young cabbage with carrot and zucchini	Young cabbage with pepper and cucumber		
	Beetroot salad with sunflower seeds	Beetroot salad with onion	Beetroot salad with onion		
	Lettuce with sour cream	Tomatoes and onions	Lettuce with sour cream		
	Grilled chicken and pepper salad	Salad with tuna	Baked asparagus salad with honey-mustard sauce		
	0	Roasted zucchini salad with tyfu feta cheese, tomato and red onion	Chef's salad with chicken and croutons		
Vegetables	Spinach	Spinach	Spinach		
	Mixed veggies with sunflower seeds and bread crumbs	Broccoli with sunflower seeds	Steamed vegetables		
	Carrots and peas	Mushrooms in cream	Young fried cabbage		
	Brussels sprouts	String beans mix	Cauliflower with breadcrumbs		
Dodatki	Boiled potatoes	Boiled potatoes	Boiled potatoes		
	Buckwheat groats	Couscous with vegetables	Barley		
	Rice with vegetables	Yellow rice	Wild rice		