

FOOD FOR CYRKULACJE 2022

menu prepared by KASZA i PASZA

3rd of July (Sunday)

>> Lunch of choice:

Vegan:

Mediterranean quinoa meatballs in tomato sauce + buckwheat + young cabbage salad (**gluten-free, vegan**)

Meat:

Pork tenderloin in mustard sauce + buckwheat + young cabbage salad (**gluten-free**)

>> Dessert:

Coconut pana cotta with strawberries (**gluten-free, vegan, sugar-free**)

>> Dinner of choice (also available as a gluten-free option):

Vegan:

Beetroot salad (baked beets, mushrooms, red onion, baby spinach, pumpkin seeds) 120g + rye bread - 2 slices + green spread (sunflower and cashew paste) 60g + cucumber salad 150g (**vegan**)

Meat:

Beetroot salad (baked beets, mushrooms, red onion, baby spinach, pumpkin seeds) 120g + Rye bread - 2 slices + dry Krakow sausage 40g + cucumber salad 150g

4th of July (Monday)

>> Lunch of choice:

Vegan:

Young vegetables stew with oyster mushrooms and pinto beans + rice + Chinese cabbage salad (**gluten-free, vegan**)

Meat:

Chicken rolls stuffed with spinach and feta cheese + rice + Chinese cabbage salad (**gluten-free**)

>> Dessert:

Chocolate brownie (**gluten-free, vegan, sugar-free**)

>> Dinner of choice (also available as a gluten-free option):

Vegan

Bun stuffed with spinach, mushrooms and mozzarella + tomatoes with onion 150g + herbal dip 60g (**vegan**)

Meat:

Bun with wurst salad + tomatoes with onion 150g + herbal dip 60g

5th of July (Tuesday)

>> Lunch of choice:

Vegan:

Carrot roulade with chickpeas stuffed with onion and mozzarella + new potatoes + low-salt cucumber salad (**gluten-free, vegan**)

Meat:

Braised Ribs with Onions + Young Potatoes + Low Salt Cucumber (**gluten-free**)

>> Dessert:

Fig dessert with hazelnuts and date chocolate (**gluten-free, vegan, sugar-free**)

>> Dinner of choice (also available as a gluten-free option):

Vegan

Vegetable salad 120g + egg paste from tofu 120g + rye bread - 2 slices + romaine lettuce with tomatoes 150g (**vegan**)

Meat:

Vegetable salad with chicken 120g + egg paste 120g + rye bread - 2 slices + romaine lettuce with tomatoes 150g

6th of July (Wednesday)

>> Lunch of choice:

Vegan:

Millet dumplings with spinach, chickpeas and mushrooms in tomatoes + carrot with sunflower seeds (**gluten-free, vegan**)

Meat:

Turkey in cream-orange sauce + new potatoes + carrot with sunflower seeds (**gluten-free**)

>> Dessert:

Cashew nut cheesecake with fruit mousse (**gluten-free, vegan, sugar-free**)

>> Dinner of choice (also available as a gluten-free option):

Vegan

Bruschetta with tomatoes and mozzarella - 2pcs + pumpkin and cauliflower salad with roasted chickpeas 150g (**vegan**)

Meat:

Bruschetta with tomatoes, Parma ham and mozzarella - 2pcs + pumpkin and cauliflower salad with roasted chickpeas 150g

7th of July (Thursday)

>> Lunch of choice:

Vegan:

Green lentil cutlets with roasted parsley + pumpkin ketchup + buckwheat + cucumber salad (*gluten-free, vegan*)

Meat:

Chicken curry + buckwheat + cucumber salad (*gluten-free*)

>> Dessert:

Chocolate-nut mousse with fruits (*gluten-free, vegan, sugar-free*)