

MENU

MONDAY 02.02

SANDWICHES & WRAPS:

Ciabatta with grilled aubergine and pepper spread 311 kcal - **12,00 ZŁ**  

BREAKFAST:

Oatmeal with blueberry jam and cocoa biscuits 324 kcal - **12,00 ZŁ**  
 Vegetable pancakes with cottage cheese 439 kcal - **14,00 ZŁ**  

LUNCHES:

Swedish meatballs in gravy + mashed potatoes
 + carrots and peas 610 kcal - **22,00 ZŁ**
 Teriyaki chicken with rice and coleslaw 577 kcal - **22,00 ZŁ** 
 Devolay with butter served with mashed potatoes
 and beetroot 700 kcal - **22,00 ZŁ**
 Kartacze dumplings with meat and onion + sauerkraut
 with carrots 503 kcal - **22,00 ZŁ** 
 Chicken leg with skin in sun-dried tomato sauce + keto pumpkin purée
 + cucumber salad 684 kcal - **22,00 ZŁ KETO**
 Vegetarian chilli mac 480 kcal - **19,00 ZŁ** 
 Potato cutlets in chanterelle sauce + pearl couscous
 + salad 724 kcal - **21,00 ZŁ** 
 Rigatoni in creamy tomato sauce with chorizo 770 kcal - **22,00 ZŁ**
 Penne with pesto, artichokes, sun-dried tomatoes
 and Parmesan cheese 700 kcal - **20,00 ZŁ** 
 Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**
 Russian dumplings with onion topping 700 kcal - **17,50 ZŁ** 
 Chicken/vegetable gyoza dumplings + soy sauce
 + marinated ginger 350 kcal - **18,00 ZŁ**
 Basil pancakes stuffed with spinach and ricotta served
 with marinara dip 702 kcal - **22,00 ZŁ**
 Chocolate pancakes with white cheese and raspberry sauce 732 kcal - **16,00 ZŁ** 

SALADS:

Salad with feta cheese, cherry tomatoes and corn + vinaigrette 635 kcal - **22,00 ZŁ** 
 Salad with chicken, pineapple, leek, corn, Gouda cheese, sunflower seeds
 + garlic dip 490 kcal - **22,00 ZŁ**
 Homestyle bowl with potatoes, bacon and pickled cucumber 739 kcal - **21,00 ZŁ** 

LUNCH OF THE DAY

Devolay with butter served with mashed potatoes
 and beetroot + Soup **29,00 ZŁ**

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MENU

TUESDAY 03.02

SANDWICHES & WRAPS:

Grain roll with shredded BBQ chicken, fresh cucumber and red cabbage salad 442 kcal -13,00 ZŁ

Grain roll with guacamole, egg and tomato 568 kcal -14,00 ZŁ

Roll with Sopot tenderloin, Mazdamer cheese and tomato 487 kcal - 12,00 ZŁ

Wholemeal roll with pesto, mozzarella and sun-dried tomatoes 539 kcal -13,00 ZŁ

Gyros stick with Mexican dip 424 kcal -14,00 ZŁ NEW

Pork loin 'burger' with coleslaw 649 kcal - 16,00 ZŁ

Wrap with strips, lettuce, cucumber and mango jalapeno 450 kcal -16,00 ZŁ

BREAKFAST:

Oatmeal with kajmak and cranberries 470 kcal -11,00 ZŁ

Yoghurt + raspberry mousse + muesli 310 kcal -10,00 ZŁ

Waffle + fruit + toffee sauce 460 kcal -15,00 ZŁ

Baked rolls with salami, peppers, cheese and egg 598 kcal -16,00 ZŁ

LUNCHES:

Chicken served on stewed vegetables with chimichurri sauce and rice 550 kcal -22,00 ZŁ

Noodles with beans and chicken 613 kcal -23,00 ZŁ

Pork chop with potatoes and cucumber salad 600 kcal - 22,00 ZŁ

Chicken strips with potatoes and cocktail dip 849 kcal -23,00 ZŁ NEW

Vegan bites in chanterelle sauce + potato dumplings + salad 710 kcal -22,00 ZŁ

Potato pancakes with mushroom sauce 460 kcal -21,00 ZŁ

Penne with spinach and ricotta 860 kcal -21,00 ZŁ

Duck ravioli with plum sauce 700 kcal -24,00 ZŁ

Russian dumplings with onion topping 700 kcal -17,50 ZŁ

Dumplings with mushrooms and Gouda cheese 700 kcal -17,50 ZŁ

Gyoza dumplings with pork and vegetables + soy sauce 450 kcal -19,00 ZŁ

Pancakes with plum jam + mascarpone cream 1000 kcal -22,00 ZŁ

Pancakes with Russian filling + bacon crumbs 740 kcal -20,00 ZŁ

SALADS:

Salad with roasted chickpeas, broad beans and marinated onions

+ vinaigrette 670 kcal -22,00 ZŁ

Caesar salad with chicken 630 kcal -23,00 ZŁ

Burrito bowl 630 kcal -25,00 ZŁ

LUNCH OF THE DAY

Pork chop with potatoes and cucumber salad
+ Soup 29,00 ZŁ

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DRINKS:

Rafaello protein shake with raspberry 300 kcal -12,00 ZŁ

Tropical smoothie [pineapple, mango, passion fruit, orange, banana]

300 kcal -14,00 ZŁ

Cherry-currant-banana cocktail 290 kcal -14,00 ZŁ

DESSERTS:

Yoghurt cheesecake with strawberry layer on an oat base

235 kcal -11,00 ZŁ NEW

Almond yoghurt with poppy seeds 530 kcal -10,00 ZŁ

Pistachio tiramisu with raspberry jam 510 kcal -13,00 ZŁ

Forest moss dessert 450 kcal -12,00 ZŁ

SOUPS:

Creamy corn soup with bacon crisps 300 kcal -13,00 ZŁ

Horseradish soup with egg 300 kcal -11,00 ZŁ

ROLLS:

Spring rolls with chicken and vegetables

+ sweet and spicy dip 300 kcal -19,00 ZŁ

Rolls with panko-coated prawns and sweet chilli sauce

590 kcal -20,00 ZŁ

BURGER:

Beef burger with vegetables, onion rings and Thousand Island dressing 730 kcal - 23,00 ZŁ

MENU

WEDNESDAY 04.02

SANDWICHES & WRAPS:

Cheese stick with cheddar, chicken and American sauce 548 kcal - **14,00 ZŁ**

Seeded roll with cream cheese, salmon and mayonnaise 497 kcal - **14,00 ZŁ**

Seeded breadstick with egg spread 386 kcal - **11,00 ZŁ**

Roll with egg and bacon slice 655 kcal - **13,00 ZŁ**

Ciabatta with butter, smoked Gouda cheese, tomato and pepper 473 kcal - **12,00 ZŁ**

BREAKFAST:

Chocolate oatmeal with mango 350 kcal - **12,00 ZŁ**

Sugar-free yoghurt + mango and passion fruit fruit sauce + crunchy topping NEW

368 kcal - **12,00 ZŁ**

Savoury egg muffins + vegetables + herb dip 484 kcal - **15,00 ZŁ** NEW

Pancakes with toffee sauce and fruit 700 kcal - **16,00 ZŁ**

LUNCHES:

Carminade with mashed potatoes and fried beetroot 575 kcal - **22,00 ZŁ**

Stuffed cabbage rolls in tomato sauce

with mashed potatoes 708 kcal - **22,00 ZŁ** NEW

Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw 476 kcal - **22,00 ZŁ** NEW

Pork tenderloin in mushroom sauce + potato dumplings + beetroot with horseradish 485 kcal - **22,00 ZŁ**

Keto chicken in gorgonzola sauce with walnut sprinkles and coleslaw 780 kcal - **23,00 ZŁ** **KETO**

Veggie schnitzel with potatoes and coleslaw 620 kcal - **20,00 ZŁ**

Veggie meatballs in vegetarian gravy with mashed potatoes

with peas and coleslaw 380 kcal - **22,00 ZŁ**

Pasta in cream sauce with broad beans, goat cheese and pistachios 680 kcal - **21,00 ZŁ**

Korean chicken in sweet and spicy sauce with udon noodles 790 kcal - **22,00 ZŁ**

Green dumplings with chicken and garlic dip 900 kcal - **17,50 ZŁ**

Russian dumplings with onion topping 700 kcal - **17,50 ZŁ**

Gyoza dumplings with chicken and vegetables + soy sauce 350 kcal - **18,00 ZŁ**

Pancakes with mushrooms and Gouda cheese 550 kcal - **22,00 ZŁ**

Pancakes with roasted pear, cinnamon + chocolate sauce 650 kcal - **19,00 ZŁ**

SALADS:

Salad with pasta, celery, chickpeas and pineapple

+ curry dip 645 kcal - **22,00 ZŁ**

Salad with beetroot, pumpkin and pork tenderloin

+ dressing 630 kcal - **25,00 ZŁ**

Bowl with quinoa, roasted sweet potatoes, cherry tomatoes, avocado and egg + dressing 800 kcal - **25,00 ZŁ**

LUNCH OF THE DAY

Chicken cutlet in cheese breadcrumbs with jacket potatoes and coleslaw + Soup **29,00 ZŁ**

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DRINKS:

Salty Caramel protein shake with lactose-free milk

300 kcal - **12,00 ZŁ**

Strawberry smoothie with chia seeds 300 kcal - **12,50 ZŁ**

Smoothie with prunes, chia seeds and cinnamon 435 kcal - **12,00 ZŁ**

DESSERTS:

Baked cheesecake 720 kcal - **12,00 ZŁ** NEW

Raspberry cloud dessert 580 kcal - **12,00 ZŁ**

Panna cotta with fudge cream, strawberry mousse and

salted nuts 470 kcal - **12,00 ZŁ**

Caramel cream on an oat base with forest fruit jam NEW
623 kcal - **13,00 ZŁ**

SOUPS:

Dill soup with egg 280 kcal - **12,00 ZŁ**

Red borscht with dumplings and meat 300 kcal - **13,00 ZŁ**

ROLLS:

Spring rolls [chicken/beef/vegetables] + nut dip 420 kcal - **19,00 ZŁ**

Rolls with chicken and vegetables + mustard and honey sauce 715 kcal - **19,00 ZŁ**

BURGER/BAO BAO:

BBQ burger [beef, cheddar, bacon crisps, tomato, roasted onion] 600 kcal - **23,00 ZŁ**

Black and white bao buns with teriyaki pulled chicken, cucumber, peanuts and coriander 670 kcal - **26,00 ZŁ**



MENU

THURSDAY 05.02

SANDWICHES & WRAPS:

Roll with pâté, lamb's lettuce and cranberry jam 495 kcal **-11,00 ZŁ**

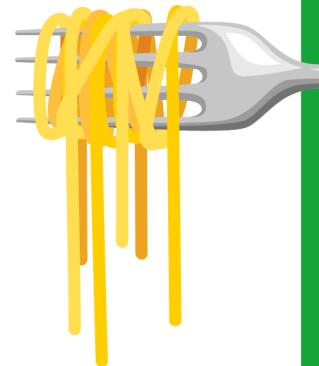
Roll with cottage cheese, turkey cold cuts, bell pepper and chives 344 kcal **-13,00 ZŁ**

Longer roll with breaded strips and BBQ sauce 450 kcal **-15,00 ZŁ**

Ciabatta roll with rocket, mountain cheese, nigella seeds and cranberry jam 437 kcal **-12,00 ZŁ**

Grain roll with lettuce, Gouda cheese and pickled peppers 555 kcal **-11,00 ZŁ**

Country roll with grains, ham and egg 472 kcal **-12,00 ZŁ**



BREAKFAST:

Pistachio cake with almond flakes 550 kcal **-12,00 ZŁ**

Herbal courgette pancakes with cottage cheese and smoked salmon 282 kcal **-16,00 ZŁ**

Chia yoghurt + strawberry mousse + muesli 341 kcal **-11,00 ZŁ** NEW

Mexican burrito with chicken and vegetables 430 kcal **-15,00 ZŁ**

Tart with chanterelles, leek and Italian cheese 350 kcal **-10,00 ZŁ**

DRINKS:

Bounty protein shake 300 kcal **-12,00 ZŁ**

Raspberry and strawberry smoothie with added oat bran 350 kcal **-14,00 ZŁ**

Vitamin smoothie [orange, banana, spinach, ginger, chia] 220 kcal **-13,00 ZŁ**

LUNCHES:

Chicken breast served with rice + Greek salad 550 kcal **-22,00 ZŁ**

Potato pancakes 722 kcal **-22,00 ZŁ** NEW

Chicken schnitzels with mashed potatoes and cucumber salad 552 kcal **-22,00 ZŁ** NEW

Thai curry with rice noodles and prawns 350 kcal **-24,00 ZŁ** CHILI

Minced nut patties with Brussels sprouts in cheese dip 700 kcal **-22,00 ZŁ** KETO

Falafel in saffron sauce served with couscous and eggplant stew 600 kcal **-21,00 ZŁ**

Creamy pasta with chicken and ricotta 630 kcal **-22,00 ZŁ**

Ravioli with porcini mushrooms 550 kcal **-24,00 ZŁ**

Green dumplings with chicken and garlic dip 900 kcal **-17,50 ZŁ**

Russian dumplings with onion topping 700 kcal **-17,50 ZŁ**

Gyoza dumplings with duck and vegetables + soy sauce 300 kcal **-20,00 ZŁ**

Pink pancakes served with sweet cheese, peaches and toffee sauce 850 kcal **-19,00 ZŁ**

Pancakes with chicken, peppers and mushrooms 777 kcal **-23,00 ZŁ**

DESSERTS:

Strawberry tiramisu 400 kcal **-12,00 ZŁ**

Lactose-free halva pudding with coconut milk 450 kcal **-12,00 ZŁ**

Dubai chocolate dessert 700 kcal **-16,00 ZŁ**

Chocolate cake with banana 388 kcal **-12,00 ZŁ** NEW

SOUPS:

Sour rye soup with white sausage and egg 430 kcal **-13,00 ZŁ**

French garlic soup 300 kcal **-11,00 ZŁ**

SALADS:

Salad with chicken, orange fillets, sunflower seeds and honey-mustard dressing 450 kcal **-23,00 ZŁ**

Salad with prawns, egg, vegetables and orange dressing 500 kcal **-25,00 ZŁ**

Pasta salad with lamb's lettuce, cherry tomatoes, cucumber, mozzarella balls and roasted onion + dressing 750 kcal **-22,00 ZŁ**

Spring rolls with chicken and blanched cabbage with carrots + nut dip 649 kcal **-19,00 ZŁ**

Rolls with smoked salmon, spinach and dill sauce 667 kcal **-21,00 ZŁ**

ROLLS:

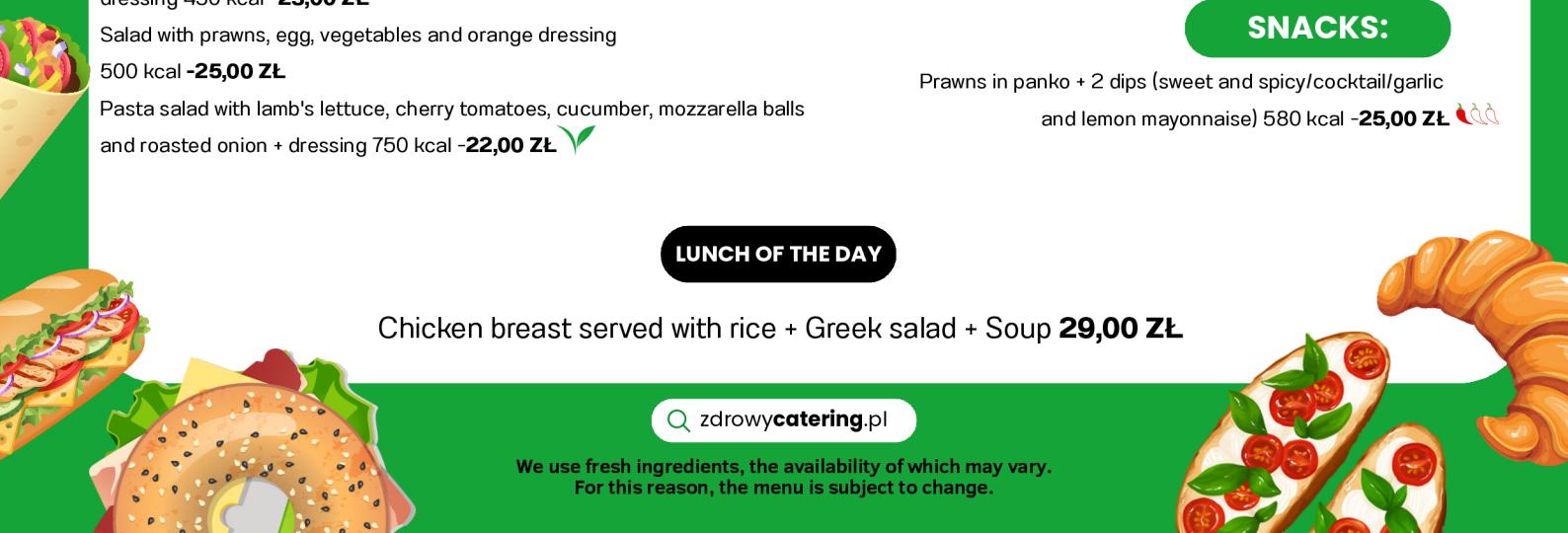
Prawns in panko + 2 dips (sweet and spicy/cocktail/garlic and lemon mayonnaise) 580 kcal **-25,00 ZŁ** CHILI

SNACKS:

Chicken breast served with rice + Greek salad + Soup **29,00 ZŁ**

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FRIDAY 06.02

SANDWICHES & WRAPS:

Grain roll with tuna paste and pickled cucumber 427 kcal **-12,00 ZŁ**

Longer roll with strips and aioli dip 604 kcal **-15,00 ZŁ** NEW

Grain roll with butter, lettuce, cheese and vegetables 537 kcal **-11,00 ZŁ** 

Breadstick with egg and tartar sauce 502 kcal **-12,00 ZŁ**  NEW

Pork chop 'burger' 583 kcal **-16,00 ZŁ**

Wrap with cocktail prawns 630 kcal **-16,00 ZŁ**



BREAKFAST:

Oreo oatmeal 450kcal **-12,00 ZŁ** 

Cherry yoghurt + chocolate crunchy 288 kcal **-11,00 ZŁ**  NEW

Pancakes with vanilla cream cheese and jam 620 kcal **-16,00 ZŁ** 

Baked rolls with mushrooms, cheese and egg 348 kcal **-14,00 ZŁ** 

Beetroot and goat's cheese tart 375 kcal **-10,00 ZŁ** 

DRINKS:

Tiramisu protein shake 240 kcal **-12,00 ZŁ**

Strawberry smoothie with banana 450 kcal **-12,00 ZŁ**

Mango lassi smoothie 300kcal **-13,00 ZŁ**

LUNCHES:

Coated pollock with potatoes and sauerkraut 451 kcal **-24,00 ZŁ** NEW

Curry with cod and tomatoes + rice 540 kcal **-24,00 ZŁ** 

BBQ chicken with roasted potatoes and broccoli 630 kcal **-23,00 ZŁ** NEW

Minced meat with mashed potatoes and beetroot 543 kcal **-22,00 ZŁ**

Veggie nuggets with roasted potatoes + tzatziki 640 kcal **-24,00 ZŁ** 

Czech-style fried cheese with roasted potatoes and cranberry jam 635 kcal **-22,00 ZŁ** 

Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal **-22,00 ZŁ** 

Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal **-26,00 ZŁ**

Dumplings with mushrooms and Gouda cheese 700 kcal **-17,50 ZŁ** 

Russian dumplings with onion topping 700 kcal **-17,50 ZŁ** 

Spinach gyoza dumplings with vegetables + soy sauce 300 kcal **-18,00 ZŁ** 

Pancakes with vegetable filling (peppers, broccoli, courgette) baked under béchamel sauce 640 kcal **-22,00 ZŁ** 

Pancakes with mascarpone-kajmak cream and cherry fruit sauce 1075 kcal **-19,00 ZŁ** 

SOUPS:

Pumpkin cream soup with roasted pumpkin seeds  and feta cheese 450 kcal **-12,00 ZŁ**

Ukrainian borscht with egg 245 kcal **-13,00 ZŁ** 

SALADS:

Salad with smoked trout, egg, cherry tomatoes, corn with garlic and mustard dressing 300 kcal **-25,00 ZŁ**

Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes + pesto dressing 552 kcal **-22,00 ZŁ** NEW 

Gyros salad 434 kcal **-23,00 ZŁ** NEW

Spring rolls (salmon/prawns/vegetables) + chilli mango dip 270 kcal **-19,00 ZŁ** 

Chicken and vegetable rolls + mustard and honey sauce 715 kcal **-19,00 ZŁ**

BURGER:

Black burger with beef, cheddar cheese, onion rings and pickles 700 kcal **-25,00 ZŁ**

Coated pollock with potatoes and sauerkraut + Soup **29,00 ZŁ**

LUNCH OF THE DAY

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