

# MENU

19.01

## MONDAY

### SANDWICHES & WRAPS:

Ciabatta with egg and bacon slice 720 kcal - **13,00 zł**  
Wholesome ciabatta with lettuce, cheese and pickled cucumber 538 kcal - **12,00 zł** ✓ NEW  
Wholemeal ciabatta with egg spread 450 kcal - **12,00 zł** ✓  
Roll with pâté, lamb's lettuce and cranberry jam 488 kcal - **11,00 zł**  
Wrap with prawns, lettuce and mango jalapeno dip 350 kcal - **17,00 zł**

### BREAKFAST:

Apple pie-style oatmeal 410 kcal - **11,00 zł** ✓

### LUNCHES:

Chicken curry with rice 660 kcal - **22,00 zł** 🌶️  
Pork chop with roasted potatoes and fried cabbage 650 kcal - **22,00 zł**  
Hungarian goulash with buckwheat 750 kcal - **22,00 zł**  
Keto tenderloin in leek sauce + roasted vegetables 379 kcal - **24,00 zł** KETO  
Vegetarian meatballs in gravy + cranberry jam + mashed potatoes, peas 382 kcal - **22,00 zł** ✓  
Penne with spinach and ricotta 860 kcal - **20,00 zł** ✓  
Rigatoni in romesco sauce with burrata and basil 750 kcal - **23,00 zł** ✓  
Green dumplings with chicken and garlic dip 900 kcal - **17,50 zł**  
Russian dumplings with onion topping 740 kcal - **17,50 zł** ✓  
Gyoza dumplings with duck and vegetables + soy sauce 300 kcal - **20,00 zł**  
Pancakes with mascarpone cream and raspberry jam 940 kcal - **20,00 zł** ✓  
Pancakes with vegetable filling (peppers, broccoli, courgette)  
baked under béchamel sauce 640 kcal - **22,00 zł** ✓

### ROLLS:

Spring rolls [prawn/chicken] + hoisin sauce 520 kcal - **19,00 zł**  
Rolls with chicken and vegetables + mustard and honey sauce 715 kcal - **19,00 zł**

### DESSERTS:

Mini donuts with pistachio cream 410 kcal - **11,00 zł**  
Gingerbread cake with cherries and chocolate - **12,00 zł** NEW  
Tiramisu dessert 550 kcal - **12,00 zł**

Caramel dessert with blueberry fruit sauce 530 kcal - **12,00 zł**

### SALADS:

Salad with feta cheese, cherry tomatoes and corn + vinaigrette 604 kcal - **22,00 zł**  
Salad with beetroot, pumpkin and pork tenderloin + dressing 623 kcal - **25,00 zł**  
Bowl with potato, pickled cucumber, chicken, pepper + garlic dip 400 kcal - **23,00 zł**

### DRINKS:

Cookie-flavoured protein shake 300 kcal - **13,00 zł**  
Mango, pineapple, orange and strawberry smoothie 175 kcal - **14,00 zł**  
Raspberry lassi 225 kcal - **14,00 zł**

### SOUPS:

Cream of leek soup 280 kcal - **11,00 zł** ✓  
Spicy Thai soup served with chicken and rice noodles 500 kcal - **18,00 zł** 🌶️

### BURGER:

Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato and thousand island dressing 575 kcal - **22,00 zł**

## LUNCH OF THE DAY

Pork chop with roast potatoes and fried cabbage  
+ Soup - **29,00 zł**

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# MENU

20.01

## TUESDAY

### SANDWICHES & WRAPS:

Roll with pesto seeds, mozzarella and sun-dried tomatoes 500 kcal - **13,00 zł** ✓  
Ciabatta with pulled teriyaki chicken, coleslaw and cucumber 550 kcal - **14,00 zł**  
Roll with lettuce, Gouda cheese and egg 600 kcal - **11,50 zł** ✓  
Roll with seeds, bacon crisps, lettuce, cheese and fried egg 750 kcal - **14,00 zł**  
Roll with cottage cheese, turkey cold cuts, peppers and chives 500 kcal - **13,00 zł**  
Pork chop 'burger' 500 kcal - **16,00 zł**  
Wrap with strips, lettuce and aioli dip 600 kcal - **16,00 zł**  
Roll with egg paste 450 kcal - **11,00 zł** ✓

### BREAKFAST:

Caramel porridge with linseed, bran and cranberries 450 kcal - **16,00 zł** ✓

### LUNCHES:

Minced meat with mashed potatoes and beetroot 500 kcal - **22,00 zł**  
Indian-style turkey tikka masala served with rice and broccoli 450 kcal - **22,00 zł**  
Dumplings with meat + coleslaw 700 kcal - **22,00 zł** NEW  
Falafel in saffron sauce served with couscous and eggplant stew 600 kcal - **21,00 zł** ✓  
Italian stuffed peppers with herb and cucumber dip 550 kcal - **22,00 zł** ✓  
Spaghetti carbonara 700 kcal - **20,00 zł**  
Creamy pasta with chicken and ricotta 600 kcal - **22,00 zł**  
Meat dumplings with onion garnish 900 kcal - **17,50 zł**  
Dumplings with spinach, feta cheese and mozzarella served with garlic sauce 900 kcal - **17,50 zł** ✓  
Dumplings with mushrooms and Gouda cheese 700 kcal - **17,50 zł** ✓  
Gyoza dumplings with chicken and vegetables + soy sauce 350 kcal - **18,00 zł**  
Pancakes with Bolognese filling 750 kcal - **22,00 zł**  
Bounty pancakes 900 kcal - **18,00 zł** ✓  
Chicken in thyme sauce + cauliflower purée + green beans 500 kcal - **24,00 zł** KETO

### ROLLS:

Rolls with lettuce, ham and cheese 500 kcal - **18,00 zł**

### DESSERTS:

Wheat apple pie with plums 300 kcal - **11,00 zł**  
Currant yoghurt with oat bran and chocolate, sprinkled with biscuits and almonds 350 kcal - **12,00 zł**  
Coconut Princess dessert 500 kcal - **13,00 zł**  
Raspberry cloud dessert 450 kcal - **12,00 zł**

### SALADS:

Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes + pesto dressing 700 kcal - **22,00 zł** NEW  
Salad with groats, peppers, mango, garlic-roasted prawns and parsley 450 kcal - **22,00 zł**

Bowl with wholemeal pasta, chicken and vegetables + mixed seeds, dressing 750 kcal - **25,00 zł**

### DRINKS:

Chocolate and pistachio protein shake 300 kcal - **13,00 zł**  
Cherry and orange smoothie 175 kcal - **14,00 zł**  
Strawberry smoothie with chia seeds 300 kcal - **12,50 zł**

### SOUPS:

Beetroot soup with green beans and egg 300 kcal - **12,00 zł** ✓  
Pumpkin cream soup with roasted pumpkin seeds and feta cheese 50 kcal - **12,00 zł** ✓

### BURGER/BAO BAO:

Burger with horseradish sauce 600 kcal - **27,00 zł**  
Bao bao buns with prawns, Korean-style vegetables, chilli mayo sauce and coriander 600 kcal - **22,00 zł**

## LUNCH OF THE DAY

Minced meat with mashed potatoes and beetroot  
+ Soup - **29,00 zł**

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# MENU

21.01

## WEDNESDAY

### SANDWICHES & WRAPS:

Baked rolls with egg, pepper and mushrooms 450 kcal - **15,00 zł**   
Ciabatta with rocket, mountain cheese, nigella seeds and cranberry jam 550 kcal - **12,00 zł**   
Roll with seeds, Sopot tenderloin, Mazdamer cheese and tomato 550 kcal - **13,00 zł**  
Roll with cheddar, chicken and american sauce 500 kcal - **14,00 zł**  
Roll with seeds, cream cheese and salmon 496 kcal - **14,00 zł**  
Pork chop 'burger' with coleslaw 500 kcal - **16,00 zł**  
Wrap with egg paste, corn and chicken 550 kcal - **15,00 zł**  
Rogal with egg paste 450 kcal - **11,00 zł** 

### BREAKFAST:

Beetroot and goat's cheese tart 350 kcal - **10,00 zł**   
Kinder oatmeal 350 kcal - **12,00 zł** 

### LUNCHES:

Pozharsky cutlets + mashed potatoes + beetroot with horseradish - **22,00 zł**  
Indian-style chicken karahi with rice 550 kcal - **22,00 zł**  
Tacos with chicken and beans 300 kcal - **22,00 zł**  
Minced walnuts with Brussels sprouts in cheese dip 600 kcal - **22,00 zł**   
Potato cutlets in chanterelle sauce + pearl couscous + salad 500 kcal - **21,00 zł**   
Veggie nuggets with roast potatoes + sweet and sour sauce 700 kcal - **24,00 zł**   
Tuscan pasta with prawns 700 kcal - **25,00 zł**  
Ravioli with spinach and ricotta in Parmesan sauce 700 kcal - **23,00 zł**   
Russian dumplings with onion topping 700 kcal - **17,50 zł**   
Green dumplings with chicken and garlic dip 900 kcal - **17,50 zł**  
Gyoza dumplings with pork and vegetables + soy sauce 450 kcal - **19,00 zł**  
Pancakes with mushrooms and gouda cheese 550 kcal - **22,00 zł**   
Pancakes with roasted apple and toffee sauce 550 kcal - **18,00 zł** 

### ROLLS:

Spring rolls with chicken and blanched cabbage with carrots + nut dip 500 kcal - **19,00 zł**  
Chicken and vegetable rolls + honey mustard sauce 300 kcal - **19,00 zł**  
Mini spring rolls with vegetables and sweet and spicy dip 450 kcal - **12,00 zł** 

### DESSERTS:

Coffee cake with dates and nuts 350 kcal - **11,00 zł**  
3-bit dessert 550 kcal - **11,00 zł**  
Pistachio tiramisu 550 kcal - **13,00 zł**  
Chocolate-plum dessert with mascarpone cream 500 kcal - **14,00 zł**

### SALADS:

Tortellini salad with spinach and ricotta, sun-dried tomatoes, Parmesan cheese and basil oil 600 kcal - **22,00 zł**  
Salad with roasted carrots, chickpeas, caprese cheese and orange vinaigrette 700 kcal - **22,00 zł**  
Thai chicken bowl 450 kcal **25,00 zł** 

### DRINKS:

Salty Caramel protein shake with lactose-free milk 300 kcal - **13,00 zł**  
Cherry, raspberry and blueberry smoothie 300 kcal - **15,00 zł**  
Mango lassi cocktail 300 kcal - **13,00 zł**

### SOUPS:

Cream of tomato soup with basil and mozzarella 300 kcal - **12,00 zł**   
Horseradish soup with egg 300 kcal - **11,00 zł** 

### BURGER/BAO BAO:

Black burger with beef, vegetables, onion rings and barbecue sauce 600 kcal - **24,00 zł**  
Bao Bao buns with roasted salmon, Korean-style vegetables and chilli mayo dip 830 kcal - **27,00 zł**

## LUNCH OF THE DAY

Pozharsky cutlets + mashed potatoes + beetroot with horseradish + Soup - **29,00 zł**

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# MENU

22.01

## THURSDAY

### SANDWICHES & WRAPS:

Rogal with shredded teriyaki chicken and coleslaw 550 kcal - **14,00**  
Ciabatta with egg spread and sun-dried tomatoes 450 kcal - **11,00 zł** ✓  
Seeded roll with pâté, horseradish dip and pickled cucumber 600 kcal - **12,00 zł**  
Roll with butter, smoked Gouda cheese, tomato and pepper 500 kcal - **11,00 zł** ✓  
Pork chop 'burger' 500 kcal - **16,00 zł**  
Country roll with ham and egg 500 kcal - **12,00 zł**  
Sweet croissant with cream cheese and jam 600 kcal - **11,00 zł** ✓  
Wrap with guacamole, bacon crisps and egg 500 kcal - **16,00 zł** ✓

### BREAKFAST:

Pancakes with toffee sauce and fruit 700 kcal - **16,00 zł** ✓  
Yoghurt + raspberry mousse + muesli 300 kcal - **10,00 zł** ✓  
Nut and coconut porridge 500 kcal - **11,00 zł** ✓

### LUNCHES:

Devolay with cheese and mushrooms served with dill mashed potatoes and cucumber salad 700 kcal - **22,00 zł**  
Chicken korma with rice 700 kcal - **22,00 zł**  
Pork loin with roasted potatoes and gravy + beetroot 600 kcal - **22,00 zł**  
Broccoli cutlets with mozzarella + potatoes + salad 450 kcal - **20,00 zł** ✓  
Curry with cod and tomatoes + rice 500 kcal - **24,00 zł**  
Keto baked salmon in cream and spinach sauce with keto pumpkin purée and coleslaw 750 kcal - **26,00 zł** **KETO**  
4 cheese pasta 900 kcal - **22,00 zł** ✓  
Vegetarian spaghetti Bolognese with Parmesan cheese 550 kcal - **22,00 zł**  
Meat dumplings with onion topping 900 kcal - **17,50 zł** ✓  
Russian dumplings with onion topping 700 kcal - **17,50 zł** ✓  
Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 300 kcal - **18,00 zł**  
Chocolate pancakes with strawberry jam 450 kcal - **16,00 zł** ✓  
Pancakes with spinach, feta cheese and chicken + garlic dip 750 kcal - **22,00 zł**

### ROLLS:

Spring rolls (chicken/beef/prawn) + sweet and spicy sauce 300 kcal - **19,00 zł**  
Rolls with smoked salmon, spinach and dill sauce 300 kcal - **21,00 zł**

### DESSERTS:

Carrot cake with creamy topping 500 kcal - **10,00 zł**  
Stracciatella dessert with crumbly sprinkles 350 kcal - **11,00 zł**  
Raspberry dessert with coconut cream on a shortcrust base 350 kcal - **12,00 zł**  
Dubai chocolate dessert 700 kcal - **16,00 zł**  
Chocolate tapioca with orange and chocolate shavings 300 kcal - **13,00 zł**

### SALADS:

Hawaiian bowl with pearl couscous, turkey and pineapple 600 kcal - **25,00 zł**  
Salad with feta cheese, tomato, yellow pepper, olives and basil dressing 600 kcal - **22,00 zł**  
Salad with chicken, orange segments, sunflower seeds and honey mustard dressing 450 kcal - **23,00 zł**

### DRINKS:

Tiramisu protein shake 200 kcal - **12,00 zł**  
Tropical smoothie [pineapple, mango, passion fruit, orange, banana 300 kcal - **14,00 zł**  
Raspberry and strawberry smoothie with added oat bran 350 kcal - **14,00 zł**

### SOUPS:

Red borscht with meat dumplings 300 kcal - **13,00 zł**  
Tomato soup with noodles 200 kcal - **11,00 zł** ✓

### BURGER/BAO BAO:

Bao bao buns with teriyaki pulled chicken, cucumber, peanuts and coriander 600 kcal - **25,00 zł**  
Caesar burger 600 kcal - **22,00 zł**

## LUNCH OF THE DAY

Devolay with cheese and mushrooms served with dill mashed potatoes and cucumber salad + Soup - **29,00 zł**

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# MENU

23.01

FRIDAY

## SANDWICHES & WRAPS:

Roll with butter, lettuce, cold cuts, cheese and vegetables 550 kcal - **12,00 zł**  
Ciabatta with vegetarian 'meat' in barbecue sauce and red cabbage salad 550 kcal - **14,00 zł**   
Seeded roll with lettuce, cheese and egg 550 kcal - **12,00 zł**   
Pork chop 'burger' with coleslaw 500 kcal - **16,00 zł**  
Beef burrito 450 kcal - **16,00 zł**  
Croissant with tuna paste and pickled cucumber 450 kcal - **12,00 zł**  
Croissant with egg spread 450 kcal - **11,00 zł** 

## BREAKFAST:

Tart with chanterelles, gorgonzola and walnuts 450 kcal - **11,00 zł**   
Yoghurt + peach + chocolate crunchies 300 kcal - **11,00 zł**   
Coconut millet porridge with mango and passion fruit jam 350 kcal - **12,00 zł** 

## LUNCHES:

Breaded pollock + aioli dip with mashed potatoes and chinese cabbage salad 700 kcal - **25,00 zł**  
Chicken cutlet with Hasselback potatoes + ranch sauce 900 kcal - **22,00 zł**  
Liver with onions + mashed potatoes + salad 700 kcal - **20,00 zł**   
Vegetarian mince in mushroom sauce + mashed potatoes + beetroot with horseradish 600 kcal - **22,00 zł**   
Mexican-style baked courgette, vegetarian version 500 kcal - **24,00 zł**   
Sesame fish cutlet with remoulade + curry chips + cucumber salad 700 kcal - **25,00 zł**   
Tricolore pasta with salmon in lemon sauce with dill 600 kcal - **24,00 zł**  
Black pasta in butter sauce with prawns, roasted cherry tomatoes and parsley 600 kcal - **25,00 zł**  
Green dumplings with chicken and garlic dip 900 kcal - **17,50 zł**  
Dumplings with mushrooms and gouda cheese 700 kcal - **17,50 zł**   
Spinach gyoza dumplings with vegetables + soy sauce 300 kcal - **18,00 zł**   
Pancakes with spinach, ricotta and sun-dried tomatoes + dip 550 kcal - **22,00 zł**   
Pancakes with cottage cheese and strawberry jam 900 kcal - **20,00 zł** 

## ROLLS:

Rolls with tempura prawns and sweet chilli sauce 300 kcal - **20,00 zł**

## DESSERTS:

Fit brownie with cherries and chocolate topping 350 kcal - **11,00 zł**  
Chocolate panna cotta with raspberry fruit sauce 450 kcal - **13,00 zł**  
Mascarpone cream with baked peaches and oat crumble 500 kcal - **12,00 zł**  
Forest moss dessert with gingerbread cream 450 kcal - **11,00 zł**

## SALADS:

Salad with potatoes, broad beans, smoked tofu + yoghurt and herb dressing 700 kcal - **22,00 zł**  
Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds and honey and mustard dressing 550 kcal - **22,00 zł**  
Poke bowl with teriyaki salmon 700 kcal - **25,00 zł**

## DRINKS:

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

Strawberry lassi 200 kcal - **13,00 zł** 

Currant smoothie with honey and mint 350 kcal - **14,00 zł**

## SOUPS:

Vegetable soup with noodles 350 kcal - **11,00 zł** 

Spicy tom kha kai soup served with chicken and rice noodles 600 kcal - **18,00 zł** 

## BURGER/BAO BAO:

Burger with breaded cheese, tartar sauce and cucumber 550 kcal - **23,00 zł** 

## LUNCH OF THE DAY

Breaded pollock + aioli dip with mashed potatoes and chinese cabbage salad + Soup - **32,00 zł**

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