

# MENU

MONDAY 23.02

## SANDWICHES & WRAPS:

Seeded roll with lettuce, cheese, and pickled cucumber 502 kcal - **12,00 ZŁ** 

Seeded breadstick with egg spread 399 kcal - **12,00 ZŁ** 

Roll with pâté, lamb's lettuce, and cranberry jam 515 kcal - **11,00 ZŁ**

Bagel with seeds, fried egg, bacon, and roasted onion 652 kcal - **14,00 ZŁ** 

Longer with strips and aioli dip 639 kcal - **15,00 ZŁ**

Wrap with shrimp, lettuce, and mango jalapeno dip 334 kcal - **17,00 ZŁ** 

Chikker 535 kcal - **16,00 ZŁ** 

## BREAKFAST:

Apple pie-style oatmeal 410 kcal - **11,00 ZŁ** 



## DRINKS:

Cookie-flavored protein shake 257 kcal - **11,00 ZŁ**

Mango, pineapple, orange, and strawberry smoothie 175 kcal - **13,00 ZŁ**

Raspberry lassi 225 kcal - **14,00 ZŁ**

## LUNCHES:

Chicken strips with potatoes and cocktail dip 919 kcal - **23,00 ZŁ**

Pork chop with roasted potatoes and fried cabbage 525 kcal - **22,00 ZŁ**

Hungarian goulash with buckwheat 770 kcal - **22,00 ZŁ**

Keto tenderloin in leek sauce + roasted vegetables 370 kcal - **24,00 ZŁ** 

Unwrapped stuffed cabbage rolls in tomato sauce with mashed potatoes 710 kcal - **22,00 ZŁ**

Penne with spinach and ricotta 963 kcal - **20,00 ZŁ** 

Hawaiian chicken cutlet + rice + salad 675 kcal - **23,00 ZŁ** 

Green dumplings with chicken and garlic dip 1002 kcal - **17,50 ZŁ**

Russian dumplings with onion topping 840 kcal - **17,50 ZŁ** 

Gyoza dumplings with duck and vegetables + soy sauce 379 kcal - **20,00 ZŁ**

Pancakes with plum jam + vanilla sauce 826 kcal - **22,00 ZŁ** 

Pancakes with vegetable filling (peppers, broccoli, zucchini)

baked under béchamel sauce 640 kcal - **22,00 ZŁ** 

## SALADS:

Salad with feta cheese, cherry tomatoes, and corn + vinaigrette 618 kcal - **22,00 ZŁ** 

Salad with beetroot, pumpkin and pork tenderloin + dressing 623 kcal - **25,00 ZŁ**

Bowl with potatoes, pickled cucumber, chicken, peppers + garlic dip 406 kcal - **23,00 ZŁ**

Banana with chocolate sauce 275 kcal - **12,00 ZŁ** 

Tiramisu dessert 555 kcal - **12,00 ZŁ**

Fudge dessert with

blueberry sauce 530 kcal - **12,00 ZŁ**

## SOUPS:

Porridge cream 280 kcal - **11,00 ZŁ** 

Spicy Thai soup served with chicken and rice noodles 523 kcal - **18,00 ZŁ**

## ROLLS:

Spring rolls [shrimp/chicken]

+ hoisin sauce 520 kcal - **19,00 ZŁ**

Rolls with chicken and vegetables + mustard and honey sauce 612 kcal - **19,00 ZŁ**

## BURGER:

Cheeseburger with beef, cheddar cheese, pickled cucumber, tomato, and Thousand Island dressing 575 kcal - **23,00 ZŁ**

## LUNCH OF THE DAY

Pork chop with roasted potatoes and fried cabbage

+ Soup **29,00 ZŁ**

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# MENU

**TUESDAY 24.02**

## SANDWICHES & WRAPS:

Ciabatta with pulled teriyaki chicken, coleslaw, and cucumber 500 kcal - **14,00 ZŁ**

Roll with lettuce, Gouda cheese, and egg 630 kcal - **11,50 ZŁ**

Roll with seeds, bacon chips, lettuce, cheese, and fried egg 685 kcal - **14,00 ZŁ**

Egg roll 386 kcal - **11,00 ZŁ**

Longer with breaded strips and BBQ sauce 480 kcal - **15,00 ZŁ**

Pork chop "burger" 650 kcal - **16,00 ZŁ**

Wrap with strips, lettuce, and aioli dip 690 kcal - **16,00 ZŁ**

## BREAKFAST:

Vanilla semolina with roasted apples

and nuts 420 kcal - **12,00 ZŁ**



NEW

## LUNCHES:

Chicken in thyme sauce + cauliflower purée

+ green beans 700 kcal - **24,00 ZŁ** **KETO**

Indian-style turkey tikka masala served with rice and broccoli 423 kcal - **22,00 ZŁ**

Dumplings with meat + sauerkraut 663 kcal - **22,00 ZŁ**

Minced meat with mashed potatoes and beetroot 550 kcal - **22,00 ZŁ**

Falafel in saffron sauce served with couscous

and eggplant stew 610 kcal - **21,00 ZŁ**

Italian stuffed peppers with herb and cucumber dip 550 kcal - **22,00 ZŁ**

Spaghetti carbonara 850 kcal - **20,00 ZŁ**

Viennese pork chop with mashed potatoes and cucumber salad 613 kcal - **23,00 ZŁ** **NEW**

Meat dumplings with onion topping 1008 kcal - **17,50 ZŁ**

Dumplings with mushrooms and Gouda cheese 833 kcal - **17,50 ZŁ**

Gyoza dumplings with chicken and vegetables + soy sauce 465 kcal - **18,00 ZŁ**

Pancakes with Bolognese filling + tomato dip 712 kcal - **22,00 ZŁ**

Bounty pancakes 1001 kcal - **18,00 ZŁ**

## SALADS:

Salad with mozzarella, cherry tomatoes, olives, sun-dried tomatoes

+ pesto dressing 552 kcal - **22,00 ZŁ**

Salad with groats, peppers, mango, garlic-roasted shrimp,

and parsley 480 kcal - **25,00 ZŁ**

Bowl with whole-grain pasta, chicken, and vegetables

+ mixed seeds, dressing 830 kcal - **25,00 ZŁ**

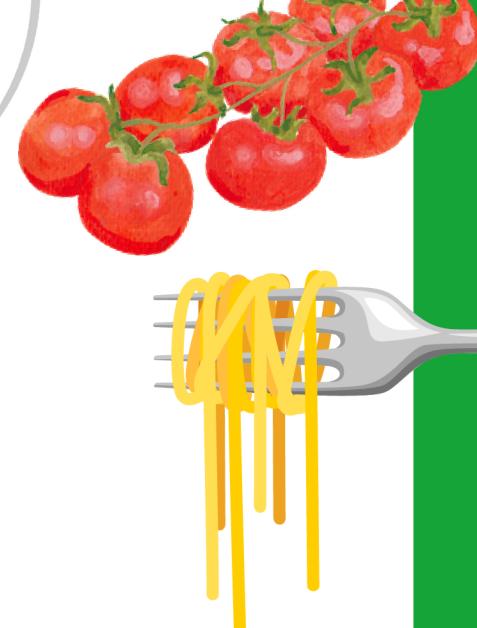
## LUNCH OF THE DAY

Minced meat with mashed potatoes and beetroot

+ Soup **29,00 ZŁ**

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## DRINKS:

Chocolate and pistachio protein shake 345 kcal - **13,00 ZŁ**

Cherry and orange smoothie 290 kcal - **14,00 ZŁ**

Strawberry smoothie with chia seeds 290 kcal - **12,50 ZŁ**

## DESSERTS:

Wheat apple pie with plums 270 kcal - **11,00 ZŁ** **NEW**

Currant yogurt with oat bran and chocolate, sprinkled with biscuits and almonds 370 kcal - **12,00 ZŁ**

Coconut Princesa dessert 515 kcal - **13,00 ZŁ**

Raspberry cloud dessert 575 kcal - **12,00 ZŁ**

## SOUPS:

Beetroot soup with green beans and egg 315 kcal - **12,00 ZŁ**

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

## ROLLS:

Rolls with lettuce, ham, and cheese 845 kcal - **18,00 ZŁ**

## BURGER:

Lumberjack burger with horseradish sauce 972 kcal - **27,00 ZŁ**

Bao buns with shrimp, Korean-style vegetables, chili mayo sauce, and cilantro 811 kcal - **25,00 ZŁ**



# MENU

WEDNESDAY 25.02

## SANDWICHES & WRAPS:

Ciabatta with arugula, mountain cheese, nigella seeds, and cranberry jam 475 kcal - **12,00 ZŁ** 

Bagel with seeds, Sopot tenderloin, Mazdamer cheese, and tomato 443 kcal - **13,00 ZŁ**

Roll with cheddar cheese, chicken, and American sauce 520 kcal - **14,00 ZŁ**

Baguette with egg spread 370 kcal - **11,00 ZŁ** 

Longer with strips and tartar sauce 585 kcal - **15,00 ZŁ**

Ciabatta with pork tenderloin and red onion jam 603 kcal - **16,00 ZŁ** 

Wrap with egg paste, corn, and chicken 472 kcal - **15,00 ZŁ**

## BREAKFAST:

Yogurt + blueberry fruit sauce + crunchy 323 kcal - **12,00 ZŁ**

Kinder-style oatmeal 430 kcal - **12,00 ZŁ** 

## LUNCHES:

Indian-style chicken karahi with rice 525 kcal - **22,00 ZŁ**

Fire-style cutlets + mashed potatoes + beetroot with horseradish 544 kcal - **22,00 ZŁ**

Tacos with chicken and beans 420 kcal - **22,00 ZŁ**

Cordon bleu with steamed potatoes + salad - **24,00 ZŁ** 

Potato cutlets in chanterelle sauce + pearl cous 724 kcal - **21,00 ZŁ** 

Lazy dumplings with butter and breadcrumbs + raspberry mousse 532 kcal - **20,00 ZŁ** 

Tuscan pasta with shrimp 786 kcal - **25,00 ZŁ**

Ravioli with spinach and ricotta in parmesan sauce 803 kcal - **23,00 ZŁ** 

Russian dumplings with onion topping 840 kcal - **17,50 ZŁ** 

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

Gyoza dumplings with pork and vegetables + soy sauce 508 kcal - **19,00 ZŁ**

Pancakes with mushrooms and Gouda cheese 570 kcal - **22,00 ZŁ** 

Pancakes with roasted apples and toffee sauce 615 kcal - **18,00 ZŁ**

## SALADS:

Tortellini salad with spinach and ricotta, sun-dried tomatoes, parmesan cheese + basil olive oil 590 kcal - **22,00 ZŁ** 

Salad with roasted carrots, chickpeas, caprese cheese, and orange vinaigrette 707 kcal - **22,00 ZŁ** 

Thai bowl with chicken 468 kcal - **25,00 ZŁ**

## SNACKS:

Mini spring rolls with vegetables and sweet and spicy dip 456 kcal - **12,00 ZŁ** 

## LUNCH OF THE DAY

Fire-style cutlets + mashed potatoes + beetroot with horseradish + Soup **29,00 ZŁ**

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# MENU

THURSDAY 26.02

## SANDWICHES & WRAPS:

Chicken teriyaki and coleslaw finger sandwich 480 kcal **-14,00 ZŁ**

Ciabatta with egg spread and sun-dried tomatoes 490 kcal **-11,00 ZŁ** 

Country roll with horseradish sauce, Krakow sausage, and pickled cucumber **-12,00 ZŁ** 

Bagel with butter, smoked Gouda cheese, tomato, and pepper 521 kcal **-12,00 ZŁ** 

Kebab-style longer 440 kcal **-15,00 ZŁ** 

Wrap with guacamole, bacon chips, and egg 630 kcal **-16,00 ZŁ**



## BREAKFAST:

Yogurt + raspberry mousse + muesli 310 kcal **-10,00 ZŁ** 

Chocolate belriso with cherries and white chocolate 315 kcal **-12,00 ZŁ** 

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

## LUNCHES:

Chicken korma with rice 840 kcal **-22,00 ZŁ** 

Devolay with cheese and mushrooms served with mashed potatoes with dill and cucumber salad 590 kcal **-23,00 ZŁ**

Pork loin with roasted potatoes and gravy

+ beetroot 585 kcal **-22,00 ZŁ**

Broccoli cutlets with mozzarella + potatoes + salad 525 kcal **-20,00 ZŁ** 

Kartacze dumplings with meat and onion + sauerkraut

with carrots 503 kcal **-22,00 ZŁ**

Keto baked salmon in cream and spinach sauce

with keto pumpkin puree and coleslaw 712 kcal **-26,00 ZŁ** 

Panko-crusted chicken with sweet and spicy sauce + rice + Chinese salad **-24,00 ZŁ** 

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

Dumplings with meat and onion topping 1008 kcal **-17,50 ZŁ**

Russian dumplings with onion topping 840 kcal **-17,50 ZŁ** 

Chicken/vegetable gyoza dumplings + soy sauce + pickled ginger 420 kcal **-18,00 ZŁ**

Chocolate pancakes with strawberry jam 475 kcal **-16,00 ZŁ** 

Pancakes with spinach, feta cheese, and chicken + garlic dip 775 kcal **-22,00 ZŁ**

## SALADS:

Hawaiian bowl with pearl couscous, turkey, and pineapple 585 kcal **-25,00 ZŁ**

Hawaiian bowl with pearl couscous, turkey, and pineapple 589 **-22,00 ZŁ** 

Salad with chicken, orange slices, sunflower seeds, and honey-mustard dressing 430 kcal **-23,00 ZŁ**

## LUNCH OF THE DAY

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

## DRINKS:

Tiramisu protein shake 235 kcal **-12,00 ZŁ**

Tropical smoothie [pineapple, mango, passion fruit, orange, banana] 255 kcal **-13,00 ZŁ**

Raspberry and strawberry smoothie with oat bran 313 kcal **-13,00 ZŁ**

## DESSERTS:

Carrot cake with creamy frosting 508 kcal **-10,00 ZŁ**

Stracciatella dessert with crumble topping 415 kcal **-11,00 ZŁ**

Raspberry dessert with coconut cream on a crumble base 450 kcal **-12,00 ZŁ**

Dubai chocolate dessert 725 kcal **-16,00 ZŁ**

Chocolate tapioca with orange and chocolate shavings 575 **-14,00 ZŁ**

## SOUPS:

Goulash soup 164 kcal **-18,00 ZŁ** 

Cream of mushroom soup with porcini mushrooms 210 kcal **-15,00 ZŁ** 

## ROLLS:

Spring rolls (chicken/beef/shrimp) + sweet and spicy sauce 320 kcal **-19,00 ZŁ**

Rolls with smoked salmon, spinach, and dill sauce 615 kcal **-21,00 ZŁ**

## BURGER:

Bao bao buns with teriyaki pulled chicken, cucumber, peanuts, and cilantro 680 kcal **-25,00 ZŁ**

Caesar-style burger 580 kcal **-22,00 ZŁ**

# MENU

FRIDAY 27.02

## SANDWICHES & WRAPS:

Bagel with cheddar cheese, bacon chips, and thousand island dressing 660 kcal -14,00 ZŁ NEW

Ciabatta with vegetarian BBQ "meat" and red cabbage salad 430 kcal -14,00 ZŁ 

Roll with tuna paste and pickled cucumber 430 kcal -12,00 ZŁ

Roll with egg paste 386 kcal -11,00 ZŁ 

Seed roll with lettuce, cheese, and egg 541 kcal -12,00 ZŁ 

Longer with fish sticks and tartar sauce 575 kcal -15,00 ZŁ NEW

Burrito with beef + nachos + Mexican dip 591 kcal -22,00 ZŁ NEW

## BREAKFAST:

Yogurt + peach + crunchy chocolate 260 kcal -11,00 ZŁ 

Coconut millet porridge with mango and passion fruit jam 305 kcal -12,00 ZŁ 

Tart with chanterelles, gorgonzola, and walnuts 457 kcal -12,00 ZŁ 

## LUNCHES:

Breaded pollock + aioli dip with mashed potatoes and Chinese cabbage salad 726 kcal -25,00 ZŁ

Chicken cutlet with Hasselback potatoes + ranch dressing 656 kcal -22,00 ZŁ

Liver with onions + mashed potatoes + salad 665 kcal -20,00 ZŁ NEW

Vegetarian mince in mushroom sauce + mashed potatoes + beetroot with horseradish 526 kcal -22,00 ZŁ 

Mexican-style baked zucchini, vegetarian version 345 kcal -24,00 ZŁ 

Butcher's cutlet with mashed potatoes and cucumber salad 641 kcal -23,00 ZŁ NEW

Tricolore pasta with salmon in lemon sauce with dill 612 kcal -24,00 ZŁ

Black pasta in butter sauce with shrimp, roasted cherry tomatoes, and parsley 775 kcal -25,00 ZŁ

Green dumplings with chicken and garlic dip 1002 kcal -17,50 ZŁ

Dumplings with mushrooms and Gouda cheese 833 kcal -17,50 ZŁ 

Spinach gyoza dumplings with vegetables + soy sauce 365 kcal -18,00 ZŁ 

Pancakes with cabbage and mushrooms 620 kcal -21,00 ZŁ 

Pancakes with cottage cheese and strawberry jam 686 kcal -20,00 ZŁ 

## SALADS:

Salad with vegetables, grilled halloumi, and garlic dressing 472 kcal -23,00 ZŁ NEW 

Salad with chicken, pasta, sun-dried tomatoes, roasted sunflower seeds, and honey-mustard dressing 540 kcal -22,00 ZŁ

Poke bowl z łososiem teriyaki 714 kcal -25,00 ZŁ



## DRINKS:

Bounty protein shake 320 kcal - 12,00 ZŁ

Strawberry lassi 192 kcal -13,00 ZŁ

Currant smoothie with honey and mint 284 kcal -13,00 ZŁ

## DESSERTS:

Fit brownie with cherries and chocolate glaze 272 kcal -11,00 ZŁ

Gingerbread and chocolate pudding with cherry jam and lion sprinkles 400 kcal -13,00 ZŁ NEW

Mascarpone cream with baked peaches and oat crumble 485 kcal - 12,00 ZŁ

Rice pudding with mascarpone and strawberry mousse 360 kcal -12,00 ZŁ

## SOUPS:

Tomato soup with noodles 324 kcal -11,00 ZŁ 

Spicy tom kha kai soup served with chicken and rice noodles 642 kcal - 18,00 ZŁ 

## ROLLS:

Rolls with shrimp and sweet chili sauce 570 kcal -20,00 ZŁ 

## BURGER:

Burger with breaded cheese, tartar sauce, and cucumber 793 kcal -23,00 ZŁ

## LUNCH OF THE DAY

Breaded pollock + aioli dip with mashed potatoes and Chinese cabbage salad + Soup 29,00 ZŁ

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