

GIAN LUCA DEMARCO

KULINARIJOS STUDIJA

BREAKFAST

Scrambled eggs with salad and bread, picnic cheese sticks, sliced fruit, tea, milk

Buckwheat with bacon, granola, sliced fruit, tea, milk

Five-grain oatmeal porridge, chia pudding, sliced fruit, tea, milk

Curd casserole, banana smoothie, sliced fruit, tea, milk

Brioche toast with fruit salad, granola, tea, milk, fruit

Alternative: lactose-free scrambled eggs

Alternative: coconut rice porridge

Alternative: gluten-free and lactose-free American pancakes

Alternative: gluten-free and lactose-free toast

SOUP

Creamy carrot soup, ciabatta

Beetroot soup with sour cream and bread

Pearl barley soup, sour cream, rye bread

Leek and chickpea soup

Chicken broth with vegetables

LUNCH

MAIN

Pork patties (steamed) and chicken cutlets

Chicken roulade with apricots and rosemary (steamed) and Caucasian pilaf

Kalakuto kepsniukai su citrina (tausoiantis) ir kugelis su grietine ir šonine

Perch with cream and horseradish sauce (steamed) and beef stew

Slow-roasted beef patties (steamed) and pulled chicken kebabs

SIDE-DISH

Pasta
Pearl barley

Quinoa

Rice

Rice
Fried vegetables

Fried mini potatoes
Couscous

VEGETARIAN

Eggplant steak with Parmesan

Tofu with vegetables

Stuffed peppers

Ricotta cheese and spinach braid with cheese

Broccoli steak with chimichurri sauce and hummus

DAILY FOR LUNCH: FRESH SALAD AND VEGGIES BAR

DINNER

Apple pie

Puff pastry casserole with cheese and ham

Zucchini cake

Semolina porridge

Cinnamon rolls

Alternative: Gluten-free apple pie

Alternative: Gluten-free and lactose-free casserole

Alternative: Gluten-free zucchini cake

Alternative: Polenta porridge

Alternative: Gluten-free and lactose-free chocolate muffin

GIAN LUCA DEMARCO

KULINARIJOS STUDIJA

BREAKFAST

Vanilla rice porridge,
corn flakes, sliced
fruit, tea, milk

Scrambled eggs,
chia pudding, sliced
fruit, tea, milk

Curd pudding,
granola, sliced fruit,
tea, milk

Rice porridge with
coconut milk, yogurt,
sliced fruit, tea, milk

Mashed curd with
mashed berries,
granola, sliced fruit,
tea, milk

Alternative: Rice
pudding

Alternative: lactose-
free scrambled eggs

Alternative: Rice
porridge

Alternative: Gluten-
free waffles

SOUP

Minestrone
vegetable soup

Ukrainian borscht,
sour cream, rye
bread

Fresh cabbage soup

Fresh cabbage soup

Mixed bean soup, rye
bread

LUNCH

MAIN

Slow-roasted pork patties
(steamed) and chicken
drumsticks in Greek-style
yogurt marinade

Chicken patties (steamed)
and pork patties with
oranges and rosemary

Beef patties in egg
(steamed) and
salmon with herbs

Turkey patties
(steamed) and beef
Bolognese

Caucasian-style pork
shashlik (steamed)
and Moroccan-style
chicken thigh meat

SIDE-DISH

Bulgur with garlic green
beans
wild rice

Mashed potatoes
Pearl barley

Rice
Couscous with herbs

Pasta
Gluten-free pasta

Boiled
potatoes
Buckwheat

VEGETARIAN

Grilled potato with
cheese and beans

Halloumi cheese patty
with apricot-flavored
vegetable salsa

Eggplant steak
baked with quinoa
and cheese

Basil pesto pasta

Roasted pumpkin with
feta cheese,
pomegranate, and
pepper sauce

DAILY FOR LUNCH: FRESH SALAD AND VEGGIES BAR

DINNER

Pizza

Buckwheat porridge

Pancakes with jam

Dumplings with butter

Carrot cake with apricots

Alternative: Gluten-free
quesadilla

Alternative: Gluten-free
pancakes with jam

Alternative: Gluten-free
American pancakes

Alternative: Gluten-free
carrot cake

GIAN LUCA DEMARCO

KULINARIJOS STUDIJA

BREAKFAST

Buckwheat porridge with bacon and hard cheese, yogurt, sliced fruit, tea, milk

Curd casserole, granola, sliced fruit, tea, milk

Frittata with roasted peppers, sliced vegetables, chia pudding, sliced fruit, tea, milk

Five-grain oatmeal porridge, corn flakes, sliced fruit, tea, milk

Pancakes with cherry jam, banana smoothie, sliced fruit, tea, milk

Alternative: Gluten-free crepes

Alternative: Fried egg

Alternative: Rice porridge with coconut milk

Alternative: Gluten-free American pancakes

SOUP

Creamy cauliflower soup

Pearl barley soup, sour cream, rye bread

Chicken broth

Beetroot soup, sour cream, rye bread

Beef broth

LUNCH

MAIN

Italian-style meatloaf (steamed) and Chinese-style chicken

Greek-style turkey patties (steamed) and shepherd's pie

Stuffed tomatoes with pork (steamed) and Italian-style chicken patties

Beef patties (steamed) and salmon

Slowly steamed chicken breast (steamed) and pork ribs

SIDE-DISH

Rice
Fried vegetables

Buckwheat

Pasta
Pearl barley

Mashed potatoes
Quinoa

Spanish-style baby potatoes
Corn on the cob

VEGETARIAN

Fried falafel with yogurt

Vegetarian shepherd's pie

Roasted sweet potatoes with chickpeas and mozzarella cheese

Sun-dried tomato pesto pasta

Tofu patties with sesame

DAILY FOR LUNCH: FRESH SALAD AND VEGGIES BAR

DINNER

cake with oranges

Focaccia sandwiches with ham and mozzarella cheese

Roll cake with mascarpone cheese

Burgers

Tiramisu

Alternative: Gluten-free cake with oranges

Alternative: Gluten-free sandwiches with lactose-free ham and cheese

Alternative: Gluten-free roll cake with vegan mascarpone cheese

Alternative: gluten-free burgher

Alternative: Gluten-free and lactose-free Tiramisu