

Liiska cuntooyinka asaasiga ee dugsiga barbaarinta 2019

Isbuuc 1 isbuucyada 5, 11, 17	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Boorishka dabiiciga ah miraha berry puree	Mishaarida isku darka ee boorishka dabiiciga wareega rootiga qeybaha qudaarta	Dabiiciga boorishka daqiiqa qamadiga miraha puree	Rootiga badarka soosajka beerka jokoleed kulul xididka qudaarta adag	4-cambuulada badarka ee boorishka dabiiciga rootiga jilcan gabalada miraha
Qado	Hilib shiidan- baradho shiidan S B D U ansalaato	Maraqa soosajka doofaarka simman W B U/ Maraqa soosajka W B U, gabalada qudaarta, rootiga jilcan Aan macaaney yoogadka dabiiciga ah iyo miraha berry puree	Muufada Isbiinajka S baradho la shiiday S B U miraha lingon ee la shiiday ukun ansalaato	Kaluunka raanbowga la kariyay S B H D U rootiga jilcan ansalaato	Balanboolada suugada macaan iyo dhannaanka W B H D U bariis madow ama miromiro ah ansalaato
Cuntada qudaarta	Baradhada-qudaarta alfoornada la shiidan (digirta) W B U VEG	Maraqa qudaarta digirta S B U	Muufada Isbiinajka S	Qudaar-maraqa difirta alfoornada S B U	Qudaarta korma oo leh tofu dabiici ah W B U VEG
Cuntada fudud	Ansalaatada miraha rootiga jilcan	Baradhada ceeshka jiiska xididka qudaarta adag	Wareega rootiga jeexyada qabow jeexyada/ qudaarta	Boorishka beri miraha berry qeybaha	Baayga subaga karootada, kor loogu daadiyay ukun, jeexyada qudaarta / gabalada

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Isbuuc 2 isbuucyada 6, 12, 18	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Boorishka dhirta badarka minshaari miraha puree	Mishaarida boorishka ee boorishka dabiiciga rootiga jilcan jeexyada qabow gabalada miraha	Budada mishaarida rootiga jilcan rootiga saliida qudaartad gabalada qudaarta / -qeybaha	Dabiiciga 4-badarka boorishka miraha berry	Rootiga simman jiis lagu daadiyay gabalada qudaarta / -qeybaha
Qado	Baayada hilibka shiidan W U iyo W D U suugada baroonka S H D U baradho ansalaato	Qudaarta al foornaatiga (digirta) S U rootiga jilcan ansalaato	Faraha kaluunka W H D U suugo qabow W B H D baradho la shiiday S B U ansalaato	Maraqa digirta W B H U, gabalada qudaarta / -qeybaha, rootiga jilcan Malawax S H D beeri mashka	Suugada digaaga S B H D U madow baasta ansalaato
Cuntada qudaarta	Baayga qudaarta (digirta) W B U VEG	Khudaarta lasagnette (digirta) S U	Faraha qudaarta W U VEG	Maraqa qudaarta digirta W B U VEG	Xididka qudaarta-maraqa digirta W B U VEG
Cuntada fudud	Kaastarda beeri wareega rootiga jiiska	Baayga subaga kor loogu daadiyay ukun xididka qudaarta adag	Boorishka cusub ee dabiiciga ah amamiraha boorishka jajabyada miraha	Rootiga badarka jeexyada qabow xididka qudaarta adag	Hot dhoog gabalada miraha

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Isbuuc 3 isbuucyada 7, 13, 19	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Dabiiciga 4-badarka boorishka gabalada miraha	Mishaarida boorishka ee boorishka dabiiciga rootiga jilcan gabalada qudaarta	Boorishka jariirta miraha berry	Aan macaaney yoogadka dabiiciga iyo boorish rootiga jilcan gabalada miraha	Budada mishaarida ee boorishka dabiiciga rootiga jilcan jeexyada qabow qeybaha qudaarta
Qado	Hilibka shiidan-baastada la kariyay W D U / Baastada isbiinajka kaluunka rainbow trout iyo liimo S H D U ansalaato	Bariis dooro S B H D U baroon ama bariiska badarka buuxo jaamka canabka ansalaato	Hilibka la kariyay S B H U rootiga jilcan ansalaato	Maraqqa qudaarta S B U, rootiga jilcan, jiiska jilicsan, gabalada qudaarta Baayga beeri W H D	Kuuskuuska kaluunka W B H D U/ kaluunka doolshada W H D U ama ullaha rootiga W B H D U, suugada chive S H D U, baradho la shiiday S B U, ansalaato
Cuntada qudaarta	Casserole baasta iyo suuga (digirta) W U VEG	Suugada qudaarta Mifu (karinta caanaha ku saleysan)- S B U	Baradho iyo khudaar S B U	Maraqqa qudaarta S B U	Baayga qudaarta (digirta) W B U VEG
Cuntada fudud	Boorishka beri miraha berry	Ceeshka guriga jeexyo ukun ah xididka qudaarta adag	Cabitaanka miraha ee caanaha subaga dabiiciga ah, rootiga jilcan, lagu daadiyay dhir	Baayga subaga xididka qudaarta adag	Muufada karootada miraha lingon ee la shiiday

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Isbuuc 4 2, 8, 14, 20	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Boorishka sareenta dabiiciga ah miraha berry puree	4-cambuulada badarka ee boorishka dabiiciga, rootiga jilcan, jeexyada qudaarta / gabalada	Mishaarida dhirta badarka ee boorishka dabiiciga, rootiga jilcan, jiiska, gabalada miraha	Wareega rootiga jeexyada qabow jokoleed kulul xididka qudaarta adag	Boorishka dabiiciga ah maraqa beriga jeexyada qudaarta / gabalada
Qado	Suugada soosajka W U / Suugada soosajka W U, baradho, ansalaato	Alfoornada makaroonida baastada qudaarta (digirta) S wareega rootiga ansalaato	Kaluunka suugada ku jiro S B H D U baradho la shiiday S B U ansalaato	Maraqa Hilibka Shiidan W B D U, rootiga jilcan, gabalada qudaarta Miraha dabiiciga	Suugada baastada W B H D U baastada Dark (baastada yar) ansalaato
Cuntada qudaarta	Maraqa soosajka digirta cad W B U VEG	Alfoornada makaroonida baastada qudaarta (digirta) S	Pea groat bolognese W B U VEG	Härkis maraq (digir-fava ka sameesan) W B U VEG	Suugada qudaarta digirta S B U
Cuntada fudud	Kareemka miraha rootiga simman	Rootiga jilcan jeexyo ukun ah xididka qudaarta adag	Hilib shiidan / Cuntada aan nacfiga xoolaha laheen qeybaha qudaarta	Boorishka bariiska miraha berry	Qaabka guriga ah (2-3 badeeco tusaale ahaan rooti ama lakab, ukunta- jeexjeex / buuxsamay qaybta rooti cunto la dhex gashay, qaybta cusub)

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Isbuuc 5 isbuucyada 3, 9, 15.21	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Boorishka dabiiciga ah miraha puree	Boorashta qamadiga dabiiciga ah gabalgabal rootiga simman qeybaha qudaarta	Rootiga jilcan jeexyo ukun ah gabalada qudaarta	Grye gruel oo dabiici ah gabalgabal rootiga jilcan xididka qudaarta adag	Boorishka jariirta miraha berry puree
Qado	Hilibka-makooringa casserole S D U ansalaato	Maraqa digaaga W B H D U rootiga jilcan gabalada qudaarta Doolshada jiiska	Jiis ku daboolan kaluun S B H D U baradho la shiiday S B U wareega rootiga ansalaato	Baastada digirta weyn- wok D ansalaato	Kuuskuuska hilibka W U iyo W D U suugada yaanyada S B H D U baradho ansalaato
Cuntada qudaarta	Baastada qudaarta la kariyay (digirta) S U	Maraqa xididka miraha S B U jiiska	Alfoornada digir kuusta bataatiga W B U VEG	Baastada digirta weyn- wok D	Falafel balls (dagir) W B U VEG / W B
Cuntada fudud	Aan macaaney yoogadka dabiiciga ah miraha berry puree rootiga jilcan	Wareega rootiga jeexyada qabow xididka qudaarta adag	Boorishka dhirta badarka ee miraha dabiiciga iyo miraha berry puree	Rootiga badarka jeexyada qabow gabalada qudaarta	Kaastarka miraha rootiga jilcan jiiska

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Isbuuc 6 isbuucyo 4, 10. 16. 22	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Dabiiciga cambuulada boorishka badarka miraha berry puree	Boorash ama Boorash oo gabalo dabiici ah wadata rootiga jilicsan, hilib xididka qudaarta adag	Boorishka jariirta miraha puree	Wareega rootiga jiiska jokoleed kulul xididka qudaarta adag	Mishaarida isku darka ee boorishka dabiiciga rootiga jilcan gabalada qudaarta
Qado	Suugada hilibka shiidan W D U baastada Darka ansalaato	Kaluunka kala duwan S B H D U gabalada qudaarta rootiga jilcan Miraha dabiiciga	Khudaarta kubad ahanta u sameesan S B U ama W B U VEG / khudaar duban W B U VEG, maraq-garoor S B H D U, rootiga jilcan, baradhada, ansalaatada	Digaaga baradhada la la kariyay S B H D U ansalaato	Hilibka-xididka qudaarta la kariyay oo doofaar W B H U baradho ama badar kala duwan bariis ansalaato
Cuntada qudaarta	Suugada baastada digirta W B U VEG	Baradho macaan la jajabiyay-maraq W B U VEG, tofu-corn dabiici ah W B U VEG	Kuusaska qudaarta S B U AMA W B U VEG / Khudaar duban W B U VEG	Khudaar (digiro, digir) W B U VEG	Xididka qudaarta-digirta la kariyay W B U VEG
Cuntada fudud	Rootiga jilcan gabalada miraha	Canjeerada karootada ama canjeero jaamka beeri	Rootiga digirta, jeexyo ukun ah jeexyada qudaarta / gabalada	Boorishka miraha jajabyada miraha	Qaabka guriga ah (tusa- ale ahaan dambiisha qudaarta-miraha, suuga- daku taabsiga, rootiga)