For Order History:

SELECT orders.orderID, clients.firstName, clients.lastName, orders.menuID, menus.date, dishes1.dishName, orders.mainDish1Quantity, dishes2.dishName, orders.mainDish2Quantity, dishes3.dishName, orders.dessert1Quantity, dishes4.dishName, orders.dessert2Quantity

FROM orders

INNER JOIN clients on orders.clientID=clients.clientID

INNER JOIN menus on orders.menuID=menus.menuID

INNER JOIN dishes AS dishes1 ON menus.mainDish1=dishes1.dishID

INNER JOIN dishes AS dishes2 ON menus.mainDish2=dishes2.dishID

INNER JOIN dishes AS dishes3 ON menus.dessert1=dishes3.dishID

INNER JOIN dishes AS dishes4 ON menus.dessert2=dishes4.dishID

WHERE orders.clientID = 1;