

Monday

Soup	VEG	Cream of broccoli	(broccoli, butter, cream, flour , onion)
Main 1		Pasta with chicken in creamy mushroom sauce	(pasta , chicken meat, thyme, mushroom, butter, cream, cheese)
Main 2		Baked pork with bacon and bread dumplings	(pork meat, onion, butter , bacon, rosemary, flour, egg, milk, bread)
MENU VEG.	VEG	Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, rice)
ALLERGY FREE*		Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, rice)
PM Snack	VEG	Sweet bun with cottage cheese	(flour , sugar, oil, egg , baking powder, cottage cheese, butter, milk)
Salad	VEG	Tabbouleh	(bulgur , yoghurt , parsley, tomato, cucumber, spring onion, olive oil)
Sandwich		Sandwich with Prague ham, gherkins and egg	(sandwich bread , Prague ham, leek, horseradish, gherkins, lettuce, egg)

Tuesday

Soup		Creamy chicken soup with vegetable	(chicken meat, celery , carrot, parsley, butter, flour, cream, milk)
Main 1		Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2		Potato dumplings stuffed with smoked pork meat, cabbage and onion	(potatoes, flour, milk, egg , smoked pork meat, onion, cabbage, cumin)
MENU VEG.	VEG	Peperonata with basil cous cous	(basil, onion, garlic, pepper, tomatoes, cous cous)
ALLERGY FREE*		Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	White or fruit yoghurt PARK LANE / Strawberry cottage cheese "příbiňák"	(cottage cheese, cream , sugar, strawberry, vanilla)
Salad		Bibimbap	(rice, mushrooms, avocado, onion, chicken meat, soya sprouts , zucchini, egg, hoisin sauce , coriander, sweet chilli, vinegar, sugar)
Sandwich	VEG	Tortilla with chickpea-beans tapenade and cheddar cheese	(tortilla , chickpea, beans, sesame oil , cheese , coriander, romaine lettuce)

Wednesday Státní svátek

Soup			
Main 1		PUBLIC HOLIDAY	
Main 2			
MENU VEG.			
ALLERGY FREE*			
PM Snack			
Salad			
Sandwich			

Thursday

Soup	VEG	Czech pea soup	(pea, onion, garlic, marjoram, garlic)
Main 1		Beef with tomato sauce and pasta	(beef meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 2		Baked turkey cubes with gravy and rice	(turkey meat, rice flour, onion, garlic, cumin, oil, rice)
MENU VEG.	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour, milk, butter, eggs , poppy seeds, sugar)
ALLERGY FREE*		Baked turkey cubes with gravy and rice	(turkey meat, rice flour, onion, garlic, cumin, oil, rice)
PM Snack	VEG	Cheesy croissant	(flour, egg , baking powder, yeast, cheese)
Salad	VEG	Salad with roasted zucchini, mushrooms and broccoli	(broccoli, zucchini, mushrooms, sundried tomatoes, basil, onions, carrot)
Sandwich		Baguette with smoked salmon	(baguette, smoked salmon, spread butter , chives)

Friday

Soup		Beef consommé with vegetable and meat	(celery , carrot, onion, parsley, beef meat)
Main 1		Indian chicken butter sauce curry with rice	(chicken breast, yoghurt , ginger, garlic, vindaloo, butter , garam masala, tomato purée, saffron, bay leaves, rice)
Main 2		Pizza with ham and mushrooms	(flour, milk , oil, yeast, crushed tomatoes, mozzarella , pork ham, mushrooms, oregano, garlic, sugar)
MENU VEG.	VEG	Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes , ricotta cheese , spinach, egg , potatoes, cream , herbs)
ALLERGY FREE*		GF pasta with salmon in tomato sauce	(GF pasta , salmon , tomatoes, onion, garlic, basil)
PM Snack	VEG	Cocoa cottage cheese cake "Míša "	(cottage cheese , sugar, flour , oil, egg , cocoa , baking soda, butter , chocolate)
Salad	VEG	Mix leaves salad with egg	(romaine lettuce, raddicio, lolo rosso lettuce, egg , tomatos, olive oil)
Sandwich	VEG	Baguette with tomatoes, rucola and basil pesto	(baguette , basil pesto, tomatoes, rucola)

* suitable for intolerance to three main allergens (gluten, lactose and eggs)



Monday

Soup	VEG	Lentil soup	(lentils, flour , onion, garlic, vinegar, marjoram)
Main 1		Turkey with creamy paprika sauce and pasta	(turkey meat, onion, butter , ground paprika, flour, cream, pasta)
Main 2		Pork meat with carrots and mashed potatoes	(pork meat, onion, carrot, flour, butter, milk , potatoes, cumin)
MENU VEG.	VEG	Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes)
ALLERGY FREE*		Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes)
PM Snack	VEG	Homemade Muffin	(egg, flour, baking powder , sugar, butter , oil, banana)
Salad	VEG	Salad with radish and edamame soybeans	(radish, vinegar, sugar, peas, soybeans edamame , cucumber, mint, olive oil, lemon)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich bread , beetroot, dill, cottage cheese, spread butter , rucola)

Tuesday

Soup	VEG	Zucchini-tomato soup	(zucchini, crushed tomatoes, onion, garlic, basil, salt)
Main 1		Meat balls with curry sauce and rice	(beef meat, pork meat, flour, egg, yoghurt, butter , onion, garlic, garam masala, tomato, saffron, bay leaf, rice)
Main 2		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)
MENU VEG.	VEG	Vegetable-legume patties with sweet potato purée and butter corn	(carrot, zucchini, chickpea, lentil, egg, flour, breadscrumb , herbs, sweet potatoes, milk , corn, cauliflower)
ALLERGY FREE*		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Yoghurt with baked apple and cinnamon	(yoghurt , apple, cinnamon, honey, sugar)
Salad	VEG	Cous cous with lentil and cauliflower	(cous cous , cauliflower, carrot, spring onion, coriander)
Sandwich		Baguette with tuna, egg and lettuce	(baguette, butter, tuna, egg , lettuce, spring onion)

Wednesday

Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1		Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumbs , potatoes)
Main 2		Beef burrito with corn salad "Esquites"	(tortilla , beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
MENU VEG.	VEG	Pasta with creamy zucchini and basil sauce	(pasta , zucchini, cream , garlic, basil, parmesan cheese)
ALLERGY FREE*		Baked salmon with herbs, baked potatoes and bean pods	(salmon , herbs, potatoes, bean pods, olive oil, garlic)
PM Snack	VEG	Breadroll with red pepper cottage spread and lettuce	(breadroll , ground paprika, pepper, cottage , onion, parsley, lettuce)
Salad		Caesar salad with eggs, croutons and parmesan cheese	(romaine lettuce, spice, egg, bread, cheese, mayonnaise, anchovies, mustard)
Sandwich		Sandwich with pepper chicken meat and bacon	(sandwich bread , chicken breast, bacon, spread butter , ground paprika, lettuce)

Thursday

Soup		Turkey consommé with vegetable and noodles	(turkey meat, celery , carrot, parsley, noodles)
Main 1		Lasagne Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, butter, flour)
Main 2		Chinese noodles with vegetables and chicken meat	(noodles , chicken meat, egg , leek, cabbage, mushrooms, red onion, soya sprouts , bamboo sprouts, spring onion, soya sauce, oyster sauce, hoisin sauce, sesame oil , oil,
MENU VEG.	VEG	Soya segedin goulash with bread dumplings	(soya , cabbage, onion, flour, cream , caraway seeds , yeast, eggs, bread , milk)
ALLERGY FREE*		GF pasta with tomato sauce, tuna and basil	(GF pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
PM Snack	VEG	Wholegrain breadroll with avocado spread and egg	(wholegrain breadroll , avocado, egg, spread butter, yoghurt)
Salad		Mix of leaf salads with dried ham, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicory, dried ham, mozzarella , balsamico)
Sandwich	VEG	Sandwich with grilled vegetables and hummus	(sandwich bread , zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, tahini sesame paste , herbs)

Friday

Soup	VEG	Czech kulajda	(cream, eggs , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, flour)
Main 1		Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
Main 2		Chicken patties with cheddar cheese, mashed potatoes and baby carrot	(chicken meat, cheddar cheese, butter , potatoes, cream, milk , baby carrot)
MENU AF.	VEG	Creamy pasta bake with mushrooms	(pasta , mushrooms , egg, cream, milk , onion, spring onion, herbs)
ALLERGY FREE*		Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
PM Snack	VEG	Banana cake	(flour , bananas, eggs, baking powder, butter , oil, cinnamon, sugar)
Salad	VEG	Pasta salad with vegetable and broccoli pesto	(pasta , broccoli, olive oil, dried tomatoes, basil, cherry tomatoes , parmesan cheese)
Sandwich		Tortilla with roastbeef and red cabbage coleslaw salad	(tortilla , roastbeef, red cabbage, carrot, mayonnaise, yoghurt)

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Monday		
Soup	VEG	Pumpkin and tomato soup (pumkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1		Chicken meat with creamy herbs sauce and rice (chicken meat, herbs, cream , oil, rice, potato starch)
Main 2		Turkey segedin goulash with bread dumplings (turkey meat, cabbage, onion, flour, cream , caraway seed, yeast, eggs, bread, milk)
MENU VEG.	VEG	Caponata with cous cous (herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous)
ALLERGY FREE*		Caponata with rice (herbs, carrot, oil sugar, tomato, capers, celery , basil, rice)
PM Snack	VEG	Czech donut with plum jam and sweet cottage (flour, milk , oil, yeast, cottage , plum,sugar)
Salad	VEG	Mixed salad with sundried tomatoes (peppers, lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese , olive oil)
Sandwich		Baguette with smoked salmon (baguette , smoked salmon , cream cheese , butter , chives)

Tuesday		
Soup	VEG	Czech potato soup (potatoes, celery , onion, garlic, cumin, marjoram, flour , carrot, mushrooms)
Main 1		Beef meat with garlic sauce, potato dumplings and spinach (beef meat, onion, garlic, flour , oil, pepper, salt, potatoes, milk, egg , spinach)
Main 2		Creamy potato bake with chicken meat, broccoli and corn (potatoes, chicken meat, broccoli, corn, cream, parmesan , nutmeg)
MENU VEG.	VEG	Vegetarian burrito with cheddar cheese and mix of lettuce (tortilla , lettuce, carrot, onion, sweet potatoes, cauliflower, beans, cheddar cheese, bbq sauce , coriander)
ALLERGY FREE*		GF pasta with red pepper sauce (GF pasta, onion, red peppers, peeled tomatoes, basil)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Blueberry yoghurt (yoghurt , honey, blueberries)
Salad		Caesar salad with smoked salmon (romaine lettuce, smoked salmon , spice gyros, eggs, croutons, parmesan cheese, mayonnaise , anchovies, mustard)
Sandwich		Sandwich with ham, cheese and tomato (sandwich bread, cheese, mayonnaise, butter , ham, tomato, lettuce, bbq sauce)

Wednesday		
Soup		Cabbage soup with sausage (cabbage, onion, caraway seed, flour, sausage, cream , bayleaves, ground paprika, potatoes)
Main 1		Fish fingers with mashed potatoes and steamed pea (white fish, eggs, flour, milk, breadcrumbs , potatoes, pea)
Main 2		Chicken murch makhani with rice (chicken meat, yoghurt , onion, tomatoes, garlic, butter , cream , cinnamon, garam masala, rice)
MENU VEG.	VEG	Cauliflower masala with coriander cous cous and red lentil (cauliflower, spice, herbs, cous cous , red lentil)
ALLERGY FREE*		Pork risotto with vegetable, gherkin (pork meat, onion, corn, pea, carrot, celery , ground paprika, tomato purée)
PM Snack	VEG	Roll with cottage cheese and chive spread (roll, cottage cheese, chives , spread butter)
Salad	VEG	Beluga lentil with tofu and vegetable (buluga lentil, red lentil, onion, pepper, gherkin, herbs, tofu , dried tomatoes, capers)
Sandwich		Sandwich with camembert spread (sandwich bread, camembert cheese, egg , ham, onion, mayonnaise)

Thursday		
Soup		Beef consommé with noodles (beef meat, celery , carrot, parsley, noodles)
Main 1		Beef with creamy vegetable "svíčková" sauce and bread dumplings (beef, carrot, celery , onion, oil, all spice, cream, flour, bread , yeast, milk, egg)
Main 2		Slovak gnocchi "halušky" with smoked pork meat and cabbage (gnocchi , onion, sugar, oil, bacon, cabbage, pork smoked meat, potatoes, eggs, milk, flour)
MENU VEG.	VEG	Vegetable-potato cake (potatoes, cream , onion, garlic, spinach, carrot)
ALLERGY FREE*		Beef in aubergine sauce with rice (beef meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
PM Snack		Butter croissant with ham and cheese (croissant , ham, cheese)
Salad		Vegetable salad with tuna and mango dip (ice lettuce, lolo roso salad, radicio, corn, tomato, pepper, tuna , red onion, mango, sweet chilli, coriander)
Sandwich	VEG	Tortilla with humus and baked vegetables (tortilla , chickpea, sesame oil , coriander, peppers, aubergine, zucchini)

Friday		
Soup	VEG	Cauliflower with eggs and potatoes (onion, cauliflower, cream, flour, eggs , potatoes)
Main 1		Spaghetti Bolognese (pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée)
Main 2		Turkey paprikash with rice (turkey meat, pepers, onion, ground paprika, flour , garlic, marjoram, rice)
MENU VEG.	VEG	Pizza Margherita (flour, milk, oil, yeast, crushed tomatoes, mozzarella, oregano, garlic, sugar)
ALLERGY FREE*		GF Spaghetti Bolognese (GF pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bay eaves, tomato purée)
PM Snack	VEG	Our chocolate cookies (chocolate, flour, butter , sugar, egg , vanilla sugar)
Salad	VEG	Greek salad (peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber (baguette , chicken meat, gyros spice, cucumber, mayonnaise)



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by Zálší Group

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Monday

Soup	VEG	Zucchini cream	(zucchini, butter , garlic, onion, potatoes , cream)
Main 1		Sweet potatoes curry with turkey meat and rice	(turkey meat, sweet potatoes, onion, spring peas, olive oil, red curry, peppers, spice, turkey meat, coconut milk , chickpea, potato starch)
Main 2		Spaghetti with meatballs and tomato-basil sauce	(pasta , beef meat, pork meat, onion, garlic, breadcrumbs , egg , herbs, oil, crushed tomatoes, basil, cheese)
Main 3	VEG	Ratatouille with bulgur	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion , bulgur)
ALLERGY FREE*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion , rice)
PM Snack	VEG	Homemade oat cookies with cranberries	(oat flakes , flour , butter , sugar, egg, vanilla sugar, cinnamon, cranberries)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich		Sandwich with rucola and smoked salmon	(sandwich bread , rucola, smoked salmon , spread butter)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1		Gnocchi with chicken in creamy broccoli sauce	(gnocchi , cream , chicken meat, broccoli, butter , garlic, parmesan cheese)
Main 2		Baked tuna with mashed potaoes and savoy cabbage with corn	(tuna , herbs, butter , milk , potatoes, savoy cabbage, corn)
Main 3	VEG	Baked pumpkin with spiced red lentill and balcan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balcan cheese , parsley)
ALLERGY FREE*		Baked tuna with mashed potaoes and savoy cabbage with corn	(tuna , herbs, LF milk, potatoes, savoy cabbage, corn)
PM Snack	VEG	White or fruit yoghurt PARKLANE/ Homemade cocoa cottage cheese "pribíňák"	(cottage cheese , cream , sugar, cocoa, vanilla)
Salad		Caesar salad with grilled chicken	(romaine lettuce, chicken, spice gyros, eggs , croutons , parmesan cheese , mayonnaise , anchovies , mustard)
Sandwich	VEG	Sandwich with camembert cheese and cranberry tapenade	(sandwich bread , cheese , cranberries, balsamico, rucola)

Wednesday

Soup		Beef consommé with noodles	(celery , carrot, onion, parsley, noodles , beef meat)
Main 1		Chicken in creamy paprika sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2		Creamy potato bake with smoked pork meat	(potatoes, smoked pork meat, bacon, onion, pea, cream , egg)
Main 3	VEG	Jamie Oliver´s vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
ALLERGY FREE*		Jamie Oliver´s vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack		Wholegrain toast with tuna spread	(sandwich bread , spread butter , tuna)
Salad	VEG	Chinese noodles salad	(noodles , chinese cabbage, white and red cabbage, spring onion, carrot, bamboo sprouts, corn, cheese)
Sandwich		Sandwich with horseradish mayonnaise and bacon	(sandwich bread , horseradish, mayonnaise , bacon, tomatoes, egg , lolo biondo)

Thursday

Soup		Frankfurter soup	(onion, sausage , milk , ground paprika, flour)
Main 1		Holland schnitzel with mashed potatoes and gherkin	(pork meat, flour , egg , breadcrumbs , potatoes, milk , butter , gherkin)
Main 2		Chicken stroganoff with rice	(Chicken meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch , herbs, rice)
Main 3	VEG	Cottage cheese dumplings with fruit and butter	(cottage cheese , flour , eggs , fruit , butter , sugar)
ALLERGY FREE*		Ham with mashed potatoes and green pea	(pork ham, potatoes, LF milk, green pea)
PM Snack		Tortilla with ham and cheese	(tortilla , ham, cheese , lettuce , spread butter)
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, mozzarella)
Sandwich		Sandwich with tzatziky spread and chicken meat	(sandwich bread , spread butter , dill, garlic, cucumber, chicken meat, gyros spice)

Friday

Soup	VEG	Pumpkin cream	(pumpkin, onion, potatoes, butter , cream , thyme)
Main 1		Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
Main 2		Turkey with creamy vegetable "svíčková" sauce and bread dumplings	(turkey meat, thyme, bay leaf, carrot, celery , flour , butter , all spice, oil, mustard , lemon, cream , bread , yeast, milk , egg)
Main 3	VEG	Stir fried vegetables with tofu and chinese noodles	(bamboo sprouts, tofu , chinese noodles , coriander, zucchini, onion, garlic, carrot, ginger)
ALLERGY FREE*		Chilli con carne with rice	(beef meat, beans, onion, tomatoes, garlic, coriander, rice)
PM Snack	VEG	Carrot cake	(carrot, butter , egg , milk , sugar, vanilla sugar)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vinalao)
Sandwich		Baguette with parma ham, mozzarella and tomato	(baguette , mozzarella , tomatoes, baby spinach, mustard , honey, olive oil, lemon, ham)

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