

Monday

Soup	VEG	Cream of broccoli	(broccoli, butter , cream , flour , onion)
Main 1	VEG	Spaghetti with tomato-basil sauce	(pasta , oil, onion, garlic, tomatoes, basil, cheese)
Main 2		Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, flour , eggs , milk , breadcrumbs , butter , cranberries, onion, carrot, celery)
MENU VEG.	VEG	Spaghetti with tomato-basil sauce	(pasta , oil, onion, garlic, tomatoes, basil, cheese)
ALLERGY FREE*		Tuna rissoto	(tuna, rice, pea, corn, carrot, turmeric, spring onion, herbs)
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		Cremy 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		Turkey goulash with pasta	(turkey breast, flour , cream , ground paprika, onion, pasta)
MENU VEG.	VEG	Peperonata with basil cousous	(basil, onion, garlic, pepper, tomatoes, cous cous)
ALLERGY FREE*		Peperonata with baked potatoes	(basil, onion, garlic, pepper, tomatoes, baked potatoes)
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

Soup	VEG	Indian tomato and red lentil soup	(red lentils, cream , tandoori masala, coriander, vindaloo)
Main 1		Turkey nuggets with mashed potatoes and corn	(turkey breast, flour , eggs , milk , breadcrumbs , butter , potatoes, corn)
Main 2		Grilled salmon with herbs and lentil salad	(salmon , lentils, beluga lentil, red lentil, herbs, spinach, onion, garlic, spice)
MENU VEG.	VEG	Gnocchi with "4 formaggi" cheese sauce	(gnocchi , cream , parmesan , edam , gouda , blue cheese)
ALLERGY FREE*		Grilled salmon with herbs and lentil salad	(salmon , lentils, beluga lentil, red lentil, herbs, spinach, onion, garlic, spice)
PM Snack		Toast with chicken ham and cheese	(toast , chicken ham, cheese , spread butter)
Salad	VEG	Chicory salad with cherry tomatoes, apple and honey dressing	(chicory, cherry tomatoes, carrot, lettuce, apples, wine vinegar, honey, olive oil)
Sandwich		BBQ chicken sandwich	(sandwich bread , bacon, egg , chicken meat, cheddar cheese , lettuce)

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		Chicken patties with sun-dried tomatoes, mozzarella and mashed potatoes with corn	(chicken meat, herbs, mozzarella , dried tomatoes, potatoes, milk , butter , corn)
MENU VEG.	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour , milk , butter , eggs , poppy seeds, sugar)
ALLERGY FREE*		Chicken patties with sun-dried tomatoes, mashed potatoes and corn	(chicken meat, herbs, dried tomatoes, LF milk, potatoes, corn)
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		Pasta with salmon in tomato sauce	(pasta , salmon , tomatoes, onion, garlic, basil, cheese)
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)



VALD/NORB/KL

Monday

Soup	VEG	Creamy potato soup with basil	(butter , onion, potatoes, garlic, oil, cream , basil)
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 , banana , baking powder , sugar, butter , oil)
Salad	VEG	Pipirrana salad	(peppers, red onion, cucumbers, tomatoes, olive oil, vinegar, herbs)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich bread , beetroot, dill, cottage cheese , spread butter , rucola)

Tuesday

Soup	VEG	Red lentil and pumpkin cream	(red lentil, pumpkin, onion, butter , cream , vegetable consommé)
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, olive oil)
MENU VEG.	VEG	Vegetable-legume patties with sweet potato purée and butter corn	(carrot, zucchini, chickpea, lentil, egg , flour , breadcrumbs , 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, olive 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		Turkey consommé with vegetable and noodles	(turkey meat, celery , carrot, parsley, noodles)
Main 1		Pasta with tomato sauce, tuna and basil	(pasta , crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
Main 2		Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk , egg , butter , breadcrumbs , potatoes)
MENU VEG.	VEG	Sweet buns with vanilla sauce	(flour , yeast , eggs , vanilla pudding , milk)
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	VEG	Mix of leaf salads with sundried tomatoes, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicory, olives, capers, mozzarella , balsamico)
Sandwich		Sandwich with paprika chicken and bacon	(sandwich bread , chicken breast, bacon, spread butter , ground paprika, lettuce)

Thursday

Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1		Meatloaf with mashed potatoes and steamed vegetable	(pork meat, beef meat, onion, garlic, marjoram, eggs , breadcrumbs , flour , potatoes, milk , butter , vegetable)
Main 2		Beef burrito with corn salad "Esquites"	(beef meat, beans, onion, tomato, garlic, coriander, tortilla , 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*		Beef Taco risotto	(beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, coriander, lime, garlic)
PM Snack	VEG	Wholegrain breadroll with avocado spread and egg	(wholegrain breadroll , avocado, egg , spread butter , yoghurt , chives)
Salad		Caesar salad with smoked salmon	(romaine lettuce, smoked salmon , spice gyros, eggs , croutons , parmesan cheese , mayonnaise , anchovies , mustard)
Sandwich	VEG	Sandwich with grilled vegetables and hummus	(sandwich bread , zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, tahini sesame paste , herbs)

Friday

Soup	VEG	Zucchini-tomato soup	(zucchini, crushed tomatoes, onion, garlic, basil, salt)
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 VEG.	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)



Monday

Soup	VEG	Pumpkin and tomato soup	(pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1		Baked turkey breast with gravy, mashed potatoes and corn	(turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter)
Main 2		Beef bourgignon with potato gnocchi	(beef meat, bay leaf, celery , thyme, onion, all spice, flour, milk, butter , carrot, tomato, mushrooms, gnocchi)
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 (Vdolek)	(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 cheese , 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 eggs, croutons and parmesan cheese	(romaine lettuce, spice, egg, bread croutons, parmesan cheese, mayonnaise, anchovies, mustard)
Sandwich		Brussels baguette	(baguette , chicken breast, roasted onion, blue cheese)

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 murgh 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*		Baked white fish with chickpea, zucchini and dried tomatoes	(white fish , herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)
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	Chinese noodles with vegetables	(noodles, egg , leek, cabbage, mushrooms, red onion, soya sprouts, bamboo sprouts, spring onion, soya sauce, oyster sauce, hoisin sauce, sesame oil, oil, garlic)
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	(iceberg lettuce, lolo roso salad, radicchio, corn, tomato, pepper, tuna , red onion, mango, sweet chilli, coriander)
Sandwich	VEG	Wrap with mozzarella, tomatoes and olives	(tortilla , iceberg lettuce, rucola, mozzarella , tomatoes, dried tomatoes pesto, olives)

Friday

Soup	VEG	Cauliflower with eggs and potatoes	(onion, cauliflower, cream, flour, eggs , potatoes)
Main 1		Turkey paprikash with pasta	(turkey meat, peppers, onion, ground paprika, flour , garlic, marjoram, pasta)
Main 2		Chicken Rissoto with tomatoes	(rice, celery , chicken meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
MENU VEG.	VEG	Coconut curry with vegetable and rice	(pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream, rice)
ALLERGY FREE*		Chicken Rissoto with tomatoes	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Apple cake with oat flakes	(apples, oat flakes, flour, egg , sugar, cinnamon, butter, milk , baking powder)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	(baguette , chicken meat, gyros spice, cucumber, mayonnaise)



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

Monday

Soup	VEG	Zucchini cream	(zucchini, butter , garlic, onion, potatoes, cream)
Main 1		Spaghetti with meatballs and tomato-basil sauce	(pasta , beef meat, pork meat, onion, garlic, breadcrumbs , egg , herbs, oil, crushed tomatoes, basil, cheese)
Main 2		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, rice)
MENU 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, raisins)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich		Sandwich with camembert cheese and cranberry tapenade	(sandwich bread , camembert cheese , cranberries, balsamico, rucola)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1		Baked turkey cubes with steamed cabbage and potato dumplings	(turkey meat, oil, onion, garlic, cabbage, potatoes, egg , flour , milk)
Main 2		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna , herbs, butter , milk , potatoes, savoy cabbage, corn)
MENU VEG.		Baked pumpkin with spiced red lentil and balcan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balcan cheese , parsley)
ALLERGY FREE*		Baked tuna with baked potatoes and savoy cabbage with corn	(tuna , herbs, potatoes, savoy cabbage, corn)
PM Snack	VEG	White or fruit yoghurt PARKLANE/ Homemade cocoa cottage cheese "přibíňák"	(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	Baguette with sweet chilli chicken	(baguette , chicken breast, romain lettuce, sweet chilli sauce, mayonnaise)

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)
MENU 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	"Farmer's" chicken salad	(mix of leaves salad, beetroot, corn, grenaille potatoes, chicken breast, herbs dressing)
Sandwich		Sandwich with horseradish mayonnaise and bacon	(sandwich bread , horseradish, mayonnaise , bacon, tomatoes, egg , lolo biondo lettuce)

Thursday

Soup		Frankfurter soup	(onion, sausage , milk , ground paprika, flour)
Main 1		Sweet and sour chicken with vegetables and jasmine rice	(chicken meat, rice, peppers, spring onion, rice vinegar, soya sauce , peeled tomatoes, sugar, potato starch, herbs)
Main 2		Holland schnitzel with mashed potatoes and gherkin	(pork meat, flour , egg , breadcrumbs , potatoes, milk , butter , gherkin)
MENU VEG.		Fruit dumplings with cottage cheese and butter	(flour , eggs , yeast, yoghurt , fruit, cottage cheese , butter , sugar)
ALLERGY FREE*		GF Pasta Amatriciana	(GF pasta, crushed tomatoes, smoked pork meat, onion, basil)
PM Snack		Tortilla with ham and cheese	(tortilla , ham, cheese , salad, 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		Chicken stroganoff with rice	(chicken meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
MENU 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 corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
PM Snack	VEG	Carrot cake	(carrot, butter , egg , milk , sugar, vanilla sugar)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich		Baguette with parma ham, mozzarella and tomato	(baguette , mozzarella , tomatoes, baby spinach, mustard , honey, olive oil, lemon, ham)

