

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)
Main 3	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)
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)
Main 3	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)
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)
Main 3	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)
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)
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)
Main 3	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)
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)

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



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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 3	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)
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 3	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)
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 murgah makhani with rice	(chicken meat, yoghurt , onion, tomatoes, garlic, butter , cream , cinnamon, garam masala, rice)
MENU 3	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)
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 3	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)
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 3	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)
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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