

Monday

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| Soup | VEG | Cream of broccoli | (broccoli, butter, cream, flour, onion) |
| Menu 1 | | Turkey cubes with gravy and rice | (turkey meat, onion, butter, flour, herbs, rice) |
| Menu 2 | | Baked pork with bacon and bread dumplings | (pork meat, onion, butter , bacon, rosemary, flour, egg, yeast, milk, bread) |
| Menu 3 | VEG | Chickpea chana masala with cauliflower bulgur | (chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, bulgur, cauliflower) |
| Menu AF | | Chickpea chana masala with baked potatoes | (chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, baked potatoes) |
| 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

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| Soup | | Cremy chicken soup with vegetable | (chicken meat, celery, carrot, parsley, butter, flour, cream, milk) |
| Menu 1 | | Risotto Bolognese | (rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese) |
| Menu 2 | | Potato dumplings stuffed with smoked pork meat, cabbage and onion | (potatoes, flour, milk, egg, smoked pork meat, onion, cabbage, cumin) |
| Menu 3 | VEG | Peperonata with basil cous cous | (basil, onion, garlic, pepper, tomatoes, cous cous) |
| Menu AF | | Risotto Bolognese | (rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot) |
| 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

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|----------|-----|--|---|
| Soup | VEG | Indian tomato and red lentil soup | (red lentils, cream, tandoori masala, coriander, vindaloo) |
| Menu 1 | | Turkey nuggets with mashed potatoes and corn | (turkey breast, flour, eggs, milk, breadcrumbs, butter, potatoes, corn) |
| Menu 2 | | Grilled salmon with herbs and lentil salad | (salmon, lentils, beluga lentil, red lentil, herbs, spinach, onion, garlic, spice) |
| Menu 3 | VEG | Gnocchi with "4 formaggi" cheese sauce | (gnocchi, cream, parmesan, edam, gouda, blue cheese) |
| Menu AF | | Grilled salmon with herbs and lentil salad | (salmon, lentils, beluga lentil, red lentil, herbs, spinach, onion, garlic, spice) |
| 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

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|----------|-----|--|---|
| Soup | VEG | Czech pea soup | (pea, onion, garlic, marjoram, garlic) |
| Menu 1 | | Beef with tomato sauce and pasta | (beef meat, tomatoes, celery, bay leaves, sugar, flour, cinnamon, oil, pasta) |
| Menu 2 | | Baked turkey cubes with potato dumplings and cabbage | (turkey meat, onion, garlic, cabbage, potatoes, egg, flour, milk) |
| Menu 3 | VEG | Potato cones with poppy seeds and sugar | (potatoes, flour, milk, butter, eggs, poppy seeds, sugar) |
| Menu AF | | Grilled pork cutlet with carrot purée and corn | (pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn) |
| 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

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|----------|-----|---|--|
| Soup | | Beef consommé with vegetable and meat | (celery, carrot, onion, parsley, beef meat) |
| Menu 1 | | Indian chicken butter sauce curry with rice | (chicken breast, yoghurt, ginger, garlic, vindaloo, butter, garam masala, tomato purée, saffron, bay leaves, rice) |
| Menu 2 | | Pasta with salmon in tomato sauce | (pasta, salmon, tomatoes, onion, garlic, basil, cheese) |
| Menu 3 | VEG | Sweet potatoes frittata with spinach and ricotta cheese | (sweet potatoes, ricotta cheese, spinach, egg, potatoes, cream, herbs) |
| Menu AF | | GF pasta with salmon in tomato sauce | (GF pasta, salmon, tomatoes, onion, garlic, basil) |
| Salad | VEG | Mix leaves salad with egg | (romaine lettuce, raddicio, lolo rosso lettuce, egg, tomatoes, 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

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|----------|-----|--|---|
| Soup | VEG | Potato cream with basil | (butter , onion, potatoes, garlic,oil, cream , basil) |
| Menu 1 | | Turkey with creamy paprika sauce and pasta | (turkey meat, onion, butter , ground paprika, flour , cream , pasta) |
| Menu 2 | | Pork meat with carrots and mashed potatoes | (pork meat, onion, carrot, flour , butter , milk , potatoes, cumin) |
| Menu 3 | VEG | Bean pods with peppers and baked potatoes | (bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes) |
| Menu AF | | 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, herbs,) |
| Sandwich | VEG | Sandwich with beetroot spread and rucola | (sandwich bread , beetroot, dill, cottage cheese , spread butter , rucola) |

Tuesday

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|----------|-----|--|---|
| Soup | | Turkey consommé with vegetable and noodles | (turkey meat, celery , carrot, parsley, noodles) |
| Menu 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) |
| Menu 2 | | Turkey oreganata with chickpea, zucchini and dried tomatoes | (turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil) |
| Menu 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) |
| Menu AF | | Turkey oreganata with chickpea, zucchini and dried tomatoes | (turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice 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

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|----------|-----|---|---|
| Soup | VEG | Spinach soup | (spinach, potatoes, garlic, cream , onion) |
| Menu 1 | | Pasta with tomato sauce, tuna and basil | (pasta , crushed tomatoes, onion, garlic, basil, garlic, basil, tuna) |
| Menu 2 | | Pork schnitzel with mashed potatoes and gherkin | (pork meat, potatoes, milk , egg , butter , breadcrumbs , potatoes) |
| Menu 3 | VEG | Sweet buns with vanilla sauce | (flour , yeast , eggs , vanilla pudding , milk) |
| Menu AF | | 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

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|----------|-----|--|---|
| Soup | | Goulash soup | (beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika) |
| Menu 1 | | Meatloaf with mashed potatoes and steamed vegetable | (pork meat, beef meat, onion, garlic, marjoram, eggs , breadcrumbs , flour , potatoes, milk , butter , vegetable) |
| Menu 2 | | Beef burrito with corn salad "Esquites" | (beef meat, beans, onion, tomato, garlic, coriander, tortilla , corn, spring onion, pepper, mayonnaise , coriander, lime, garlic) |
| Menu 3 | VEG | Pasta with creamy zucchini and basil sauce | (pasta , zucchini, cream , garlic, basil, parmesan cheese) |
| Menu AF | | Beef Taco risotto | (beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, coriander, lime, garlic) |
| Salad | | Caesar salad with eggs, croutons and parmesan cheese | (romaine lettuce, spice, egg , bread , 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

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|----------|-----|--|--|
| Soup | VEG | Zucchini-tomato soup | (zucchini, crushed tomatoes, onion, garlic, basil, salt) |
| Menu 1 | | Beef strips with roasted peppers and rice | (beef meat, onion, peppers, tomato purée, potato starch, worchester , soya sauce , rice) |
| Menu 2 | | Chicken patties with cheddar cheese, mashed potatoes and baby carrot | (chicken meat, cheddar cheese , butter , potatoes, cream , milk , baby carrot) |
| Menu 3 | VEG | Creamy pasta bake with mushrooms | (pasta , mushrooms , egg , cream , milk , onion, spring onion, herbs) |
| Menu AF | | 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) |



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

Monday

| | | | |
|----------|-----|--|---|
| Soup | VEG | Pumpkin and tomato soup | (pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes) |
| Menu 1 | | Chicken murg makhani with rice | (chicken meat, yoghurt , onion, tomatoes, garlic, butter, cream , cinnamon, garam masala, rice) |
| Menu 2 | | Baked turkey breast with gravy, mashed potatoes and corn | (turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter) |
| Menu 3 | VEG | Caponata with cous cous | (herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous) |
| Menu AF | | 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

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|----------|-----|---|--|
| Soup | VEG | Czech potato soup | (potatoes, celery , onion, garlic, cumin, marjoram, flour , carrot, mushrooms) |
| Menu 1 | | Beef meat with garlic sauce, potato dumplings and spinach | (beef meat, onion, garlic, flour , oil, pepper, salt, potatoes, milk, egg , spinach) |
| Menu 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) |
| Menu AF | | GF pasta with red pepper sauce | (GF pasta, onion, red peppers, peeled tomatoes, basil) |
| Salad | | Mix of leaves salad with baked chickpea and tofu | (mix of leaves salads, beetroot, corn, grenaille potatoes, tofu , baked chickpea, herbs dressing) |
| Sandwich | | Brussels baguette | (baguette , chicken breast, roasted onion, blue cheese) |

Wednesday

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|----------|-----|---|---|
| Soup | | Cabbage soup with sausage | (cabbage, onion, caraway seed, flour, sausage, cream , bayleaves, ground paprika, potatoes) |
| Menu 1 | | Fish fingers with mashed potatoes and steamed pea | (white fish, eggs, flour, milk, breadcrumbs , potatoes, pea) |
| Menu 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 | Cauliflower masala with coriander cous cous and red lentil | (cauliflower, spice, herbs, cous cous , red lentil) |
| Menu AF | | 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

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|----------|-----|---|---|
| Soup | | Beef consommé with noodles | (beef meat, celery , carrot, parsley, noodles) |
| Menu 1 | | Beef with creamy vegetable "svíčková" sauce and bread dumplings | (beef, carrot, celery , onion, oil, all spice, cream, flour, bread , yeast, milk, egg) |
| Menu 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 and egg | (noodles, egg , leek, cabbage, mushrooms, red onion, soya sprouts , bamboo sprouts, spring onion, soya sauce, oyster sauce, hoisin sauce, sesame oil , oil, garlic) |
| Menu AF | | 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

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|----------|-----|--|---|
| Soup | VEG | Cauliflower with eggs and potatoes | (onion, cauliflower, cream, flour, eggs , potatoes) |
| Menu 1 | | Turkey paprikash with pasta | (turkey meat, peppers, onion, ground paprika, flour , garlic, marjoram, pasta) |
| Menu 2 | | Chicken risotto "Bolognese" | (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) |
| Menu AF | | Chicken risotto "Bolognese" | (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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Monday

| | | | |
|----------|-----|---|---|
| Soup | VEG | Zucchini cream | (zucchini, butter , garlic, onion, potatoes, cream) |
| Menu 1 | | Spaghetti with meatballs and tomato-basil sauce | (pasta , beef meat, pork meat, onion, garlic, breadcrumbs , egg , herbs, oil, crushed tomatoes, basil, cheese) |
| Menu 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 3 | VEG | Ratatouille with bulgur | (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur) |
| Menu AF | | Ratatouille with rice | (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice) |
| 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

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|----------|-----|--|--|
| Soup | VEG | Chickpea soup with rosemary | (chickpea, rosemary, onion, garlic, tomato purée) |
| Menu 1 | | Baked turkey cubes with steamed cabbage and potato dumplings | (turkey meat, oil, onion, garlic, cabbage, potatoes, egg , flour , milk) |
| Menu 2 | | Baked tuna with mashed potatoes and savoy cabbage with corn | (tuna , herbs, butter , milk , potatoes, savoy cabbage, corn) |
| Menu 3 | VEG | Baked pumpkin with spiced red lentil and balcan cheese | (pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balcan cheese , parsley) |
| Menu AF | | Baked tuna with baked potatoes and savoy cabbage with corn | (tuna , herbs, potatoes, savoy cabbage, corn) |
| 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

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|----------|-----|--|---|
| Soup | | Beef consommé with noodles | (celery , carrot, onion, parsley, noodles , beef meat) |
| Menu 1 | | Chicken in creamy paprika sauce with pasta | (chicken meat, onion, cream , ground paprika, oil, pasta) |
| Menu 2 | | Creamy potato bake with smoked pork meat | (potatoes, smoked pork meat, bacon, onion, pea, cream , egg) |
| Menu 3 | VEG | Jamie Oliver's vegetarian curry with rice | (zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk) |
| Menu AF | | Jamie Oliver's vegetarian curry with rice | (zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk) |
| 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

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|----------|-----|---|---|
| Soup | | Frankfurter soup | (onion, sausage , milk , ground paprika, flour) |
| Menu 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) |
| Menu 2 | | Holland schnitzel with mashed potatoes and gherkin | (pork meat, flour , egg , breadcrumbs , potatoes, milk , butter , gherkin) |
| Menu 3 | VEG | Fruit dumplings with cottage cheese and butter | (flour , eggs , yeast, yoghurt , fruit, cottage cheese , butter , sugar) |
| Menu AF | | GF Pasta Amatriciana | (GF pasta, crushed tomatoes, smoked pork meat, onion, basil) |
| 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

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|----------|-----|---|--|
| Soup | VEG | Pumpkin cream | (pumpkin, onion, potatoes, butter , cream , thyme) |
| Menu 1 | | Chilli con carne with corn nachos | (beef meat, beans, onion, tomato, garlic, coriander, corn nachos) |
| Menu 2 | | Chicken stroganoff with rice | (chicken meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice) |
| Menu 3 | VEG | Stir fried vegetables with tofu and chinese noodles | (bamboo sprouts, tofu , chinese noodles , coriander, zucchini, onion, garlic, carrot, ginger) |
| Menu AF | | Chilli con carne with corn nachos | (beef meat, beans, onion, tomato, garlic, coriander, corn nachos) |
| Salad | VEG | Chana chaat | (chickpea, red onion, coriander, spring onion, tandoori, masala vindaloo) |
| Sandwich | | Baguette with parma ham, mozzarella and tomato | (baguette , mozzarella , tomatoes, baby spinach, mustard , honey, olive oil, lemon, ham) |

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Monday

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|----------|-----|--|--|
| Soup | VEG | Carrot and sweet potatoes cream | (carrot, sweet potatoes, onion, butter, cream) |
| Menu 1 | | Turkey goulash with pasta | (chicken breast, flour, cream , ground paprika, onion, pasta) |
| Menu 2 | | Thai beef meat wih broccoli and rice | (beef meat, broccoli, garlic, soya sauce, fish sauce , potato starch, ginger, rice) |
| Menu 3 | VEG | Aubergine-tomato masala with coriander cous cous | (onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, cous cous) |
| Menu AF | | Turkey goulash with rice | (chicken breast, rice flour, ground paprika, onion, rice) |
| Salad | VEG | Salad with baked pumpkin and mozzarella | (pumpkin, carrot, buckwheat, raddicchio lettuce, mozzarella , olive oil, balsamico, honey) |
| Sandwich | | Baguette with ham, cheese and egg | (baguette, pork ham, cheese, eggs , tomatoes, soft cheese) |

Tuesday

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|----------|-----|---|---|
| Soup | | Chicken consommé with pasta | (celery, carrot, onion, parsley, pasta , chicken meat) |
| Menu 1 | | Indian chicken butter sauce curry with rice | (chicken breast, yoghurt , ginger, garlic, vindaloo, butter , garam masala, tomato purée, saffron, bay leaves, rice) |
| Menu 2 | | Pork patties with cabbage, mashed potatoes and baby carrots | (pork meat, cabbage, onion, garlic, marjoram, egg, breadcrumb, flour , potatoes, milk, butter , vegetable) |
| Menu 3 | VEG | Vegetable casserol with roasted potatoes | (seasonal vegetable, red and white beans, herbs, potatoes) |
| Menu AF | | Vegetable casserol with roasted potatoes | (seasonal vegetable, red and white beans, herbs, potatoes) |
| Salad | | Pasta salad with chicken meat and fresh vegetables | (pasta, yoghurt, mayonnaise , chicken meat, cucumber, peppers, corn) |
| Sandwich | VEG | Baguette with olive pesto and mozzarella | (baguette, olives, mozzarella, rucola, basil, olive oil) |

Wednesday

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|----------|-----|--|--|
| Soup | VEG | Red lentil and chickpea soup | (chickpea, red lentil, onion, peeled tomatoes, coriander) |
| Menu 1 | | Chicken gyros with tzatziki and pita bread | (chicken meat, gyros spice, cucumber, cream, pita bread) |
| Menu 2 | | Chinese twice cooked pork with rice | (pork meat, ginger, soya sauce, potato starch , onion, leek, pepper, rice) |
| Menu 3 | VEG | Cauliflower patties with cheese, pumpkin purée and butter corn | (cauliflower, egg, breadcrumbs , herbs, cheddar cheese , corn, butter , pumpkin, potatoes, milk) |
| Menu AF | | Chicken gyros with rice pilaf | (chicken meat, gyros spice, rice, carrot, chickpea, spring onion, coriander) |
| Salad | | Poke salad with tuna and bean pods | (rice, rice vinegar, bean pods, baby spinach, tuna , cucumber, sprouts, lime) |
| Sandwich | | BLT sandwich | (sandwich bread, mayonnaise , bacon, tomatoes, lettuce) |

Thursday

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|----------|-----|--|--|
| Soup | | Creamy turkey soup with vegetable | (turkey meat, celery , carrot, parsley, butter, flour, cream, milk) |
| Menu 1 | | Beef stroganoff with rice | (beef meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice) |
| Menu 2 | | White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber | (white fish , dried tomatoes, basil, potatoes, milk, butter cucumber, dill) |
| Menu 3 | VEG | Spinach frittata with salad | (potatoes, spinach, cream, egg, onion, cheddar cheese) |
| Menu AF | | Pork risotto and gherkins | (pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin) |
| Salad | VEG | Tomato salad with peppers and avocado | (tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin) |
| Sandwich | | Reuben sandwich | (sandwich bread, roastbeef, mayonnaise, mustard , gherkins, cabbage, cheddar cheese) |

Friday

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|----------|-----|--|---|
| Soup | VEG | Czech kulajda | (cream, eggs , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, flour) |
| Menu 1 | | Spaghetti Bolognese | (pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, parmesan cheese) |
| Menu 2 | | Roast pork with bread dumplings and cabbage | (pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread, yeast, milk) |
| Menu 3 | VEG | Palak paneer with rice | (paneer cheese , onion, spinach, garlic, cream , spice, herbs, rice) |
| Menu AF | | GF Spaghetti Bolognese | (GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée) |
| Salad | | Potato salad with cream fresh, pea and smoked salmon | (potatoes, pea, cream fresh , capers, dill, smoked salmon) |
| Sandwich | VEG | Sandwich with baby spinach, cheddar cheese and egg | (sandwich bread, cheddar cheese, egg, butter) |

