

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)
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)
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		Gnocchi with chicken in creamy broccoli sauce	(gnocchi , cream , chicken meat, broccoli, butter , garlic, parmesan cheese)
Main 2		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna , herbs, butter , milk , potatoes, savoy cabbage, corn)
Main 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)
ALLERGY FREE*		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna , herbs, LF milk, 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

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)
Salad	VEG	Salad with melon, cucumber and balkan cheese	(melon, cucumber, black olives, red onion, balkan cheese , mint, honey, olive oil, lemon juice)
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)
Main 3	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)
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)
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 corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
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)

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



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Monday

Soup	VEG	Carrot and sweet potatoes cream	(carrot, sweet potatoes, onion, butter, cream)
Main 1		Turkey goulash with pasta	(chicken breast, flour, cream , ground paprika, onion, pasta)
Main 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)
ALLERGY FREE*		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

Soup		Chicken consommé with pasta	(celery , carrot, onion, parsley, pasta , chicken 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		Roast pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread, yeast, milk)
MENU 3	VEG	Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
ALLERGY FREE*		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

Soup	VEG	Red lentil and chickpea soup	(chickpea, red lentil, onion, peeled tomatoes, coriander)
Main 1		Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, cream, pita bread)
Main 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)
ALLERGY FREE*		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

Soup	VEG	Spinach soup	(spinach, potatoes, onion, cream , garlic)
Main 1		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 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)
ALLERGY FREE*		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

Soup	VEG	Czech kulajda	(cream, eggs , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, flour)
Main 1		Spaghetti Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, parmesan cheese)
Main 2		Pork patties with cabbage, crushed potatoes and baby carrots	(pork meat, cabbage, onion, garlic, marjoram, egg, breadcrumb, flour , potatoes, milk, butter, vegetable)
MENU 3	VEG	Palak paneer with rice	(paneer cheese , onion, spinach, garlic, cream , spice, herbs, rice)
ALLERGY FREE*		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)



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