

VALD/NORB/KL

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 with broccoli and rice	(beef meat, broccoli, garlic, soya sauce, fish sauce , potato starch, ginger, rice)
MENU VEG.	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)
PM Snack	VEG	Butter choco roll	(flour, milk , yeast, egg, chocolate , baking powder)
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		Pork patties with cabbage, mashed potatoes and baby carrots	(pork meat, cabbage, onion, garlic, marjoram, egg, breadcrumb, flour , potatoes, milk, butter , vegetable)
MENU VEG.	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)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Cottage cheese "pribináček"	(cottage cheese , cream , sugar, vanilla)
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 VEG.	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)
PM Snack	VEG	Breadroll with egg spread	(" kaiserka " breadroll, egg, mayonnaise , parsley)
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		Beef stroganoff with rice	(beef meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
Main 2		White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber	(white fish , dried tomatoes, basil, potatoes, milk, butter cucumber, dill)
MENU VEG.	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)
PM Snack	VEG	Wholegrain kaiserka with cheese and cucumber	(breadroll " kaiserka ", butter, cheese , cucumber)
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		Roast pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread , yeast, milk)
MENU VEG.	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)
PM Snack	VEG	Cocoa cake with cottage cheese	(flour, egg, milk, cottage , sugar, cocoa, starch)
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)



Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream, tarhoňa pasta, garlic, onion, carrot, celery, peeled tomatoes, basil)
Main 1		Baked turkey breast with thyme, mashed potatoes and baby carrot	(turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter, baby carrot)
Main 2		Hoisin beef with vegetable and chinese noodles	(beef meat, hoisin sauce, soybeans, yellow radish, onion, soya sprouts, potatoe starch, coriander)
Main 3	VEG	Bulgureto with vegetable and cheese	(bulgur, carrot, celery, pea, corn, chickpea, cheese, crushed tomatoes)
ALLERGY FREE*		Baked turkey breast with thyme and rice	(turkey meat, thyme, onion, rice flour, herbs, rice)
PM Snack	VEG	Cottage cheese cake with raisins	(flour, egg, butter, milk, cottage cheese, baking powder, sugar, oil, raisins)
Salad	VEG	Cous cous salad with fresh vegetables	(cous cous, red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread, smoked salmon, chives, spread butter)

Tuesday

Soup		Turkey consommé with noodles	(turkey, carrot, celery, onion, parsley, noodles)
Main 1		Roast chicken strips with vegetable and corn nachos / rice for EY	(chicken meat, beans, peppers, corn, corn nachos/rice)
Main 2		Pork goulash with bread dumplings	(pork meat, flour, onion, ground paprika, garlic, marjoram, egg, milk, yeast, bread)
Main 3	VEG	Greek zucchini cake with feta cheese and beetroot salad	(zucchini, onion, dill, cheese, butter, oil, egg, beetroot, salad)
ALLERGY FREE*		Roast chicken strips with vegetable and corn nachos	(chicken meat, beans, peppers, corn, rice)
PM Snack	VEG	White or fruit yoghurt PARK LANE / Peach yoghurt with honey	(yoghurt, honey, peach)
Salad	VEG	Avocado salad with cheese	(cucumber, avocado, cherry tomatoes, onion, lettuce, balkan cheese, soya sauce)
Sandwich		Club sandwich	(sandwich bread, iceberg lettuce, tomato, bacon, chicken meat, egg, mayonnaise)

Wednesday

Soup	VEG	Minestrone soup	(celery, onion, zucchini, carrot, tomato, olive oil)
Main 1		Baked meat with gravy and rice	(beef meat, onion, butter, flour, herbs, rice)
Main 2		BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, BBQ sauce, oil, potatoes, carrot, cabbage, mayonnaise, mustard, vinaigrette)
Main 3	VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs, vanilla pudding, milk)
ALLERGY FREE*		Tuna rissoto	(tuna, rice, pea, corn, carrot, turmeric, spring onion, herbs)
PM Snack		Breadroll with ham and cucumber	(breadroll, ham, cucumber, spread butter)
Salad	VEG	Pasta salad with fresh vegetable, pesto and olives	(pasta, tomato, cucumber, pepper, dried tomatoes, basil, olive oil, garlic, olives)
Sandwich		Reuben sandwich with shredded pork	(sandwich bread, pork meat, mayonnaise, mustard, gherking, cabbage, cheddar cheese)

Thursday

Soup	VEG	Czech potato soup	(potatoes, celery, onion, garlic, cumin, marjoram, flour, carrot, mushrooms)
Main 1		Pasta with tomato-basil sauce	(pasta, cheese, oil, tomatoes, onion, garlic, basil)
Main 2		Beef with creamy dill sauce and bread dumplings	(beef meat, cream, dill, egg, flour, bread, yeast, milk)
Main 3	VEG	Broccoli patties with mashed potatoes and steamed corn	(broccoli, egg, breadcrumbs, herbs, cheddar cheese, corn, butter, potatoes, milk)
ALLERGY FREE*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
PM Snack		Pizza "snail"	(puff pastry, ham, cheese, tomatoes)
Salad		Poke salad with smoked salmon and yellow radish	(sushi rice, smoked salmon, yellow radish, pea, red cabbage, lime, coriander, sprouts, lamb's lettuce)
Sandwich		Caesar wrap	(tortilla, romaine lettuce, spice gyros, chicken meat, eggs, parmesan cheese, mayonnaise, anchovies, mustard)

Friday

Soup	VEG	Lentil soup	(lentils, flour, onion, garlic, vinegar, marjoram)
Main 1		Jamie Oliver's turkey curry with rice	(turkey, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Main 2		Minced pork schnitzel with mashed potatoes and gherkin	(pork meat, flour, egg, breadcrumbs, potatoes, milk, butter, gherkin)
Main 3	VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella, pita bread)
ALLERGY FREE*		Jamie Oliver's turkey curry with rice	(turkey, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack	VEG	Valentine's Cupcake	(flour, egg, milk, cream, berries, sugar, butter, baking powder)
Salad	VEG	Mix of leaves salad with radish, watercress and egg	(mix of leaves salad, radish, watercress, egg, carrot, sprouts)
Sandwich		Sandwich with roastbeef and smoked cheese	(sandwich bread, roastbeef, mayonnaise, mustard, gherkin, cheese, rucola)



Monday

Soup	VEG	Tomato with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, celery)
Main 1		Wok fried turmeric chicken with rice	(chicken meat, cream , lemongrass, garlic, fish sauce , oyster sauce , turmeric, sesame oil , rice)
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	Cantonese rice with vegetables and egg	(rice, egg , leek, peppers, spring onion, zucchini, carrot, soya sauce)
ALLERGY FREE*		Grilled pork cutlet with crushed potatoes and pea	(pork meat, onion, herbs, potatoes, LF milk, green pea)
PM Snack	VEG	Chocolate donut	(egg , flour , yeast, chocolate , baking powder , sugar, butter , oil)
Salad	VEG	"Farmer's" salad with egg	(mix of leaves salad, rucola, beetroot, corn, grenaille potatoes, egg , herbs dressing)
Sandwich		Baguette with ham, cheese and egg	(baguette , pork ham, cheese , eggs , tomato, soft cheese)

Tuesday

Soup		Chicken consommé with vegetable	(carrot, parsley, celery , onion, eggs , chicken meat)
Main 1		Beef goulash with bread dumplings	(beef meat, flour , onion, ground paprika, garlic, marjoram, egg , milk , yeast, bread)
Main 2		Turkey meatloaf with mashed potatoes and steamed vegetable	(turkey meat, onion, garlic, marjoram, eggs , breadcrumbs , flour , potatoes, milk , butter , vegetable)
MENU VEG.	VEG	Pumpkin frittata with spinach	(pumpkin, garlic, balcan cheese , egg , cream , milk)
ALLERGY FREE*		Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
PM Snack	VEG	White or fruit yoghurt PARK LANE / Tapioca seeds with coconut milk and mango	(tapioca seeds, cocount milk , sugar, mango)
Salad		Chef's salad	(lettuce, tomato, cucumber, ham, egg , cheese , bread , yoghurt , tomato purée, mayonnaise)
Sandwich	VEG	Baguette with basil pesto, tomatoes and mozzarella	(baguette , mozzarella , tomatoes, basil, parmesan cheese , garlic)

Thursday

Soup	VEG	Oyster mushrooms soup	(onion, oyster mushroom, garlic, ground paprika, marjoram)
Main 1		Turkey schnitzel with mashed potatoes and corn	(turkey breast, flour , eggs , milk , breadcrumbs , butter , potatoes, corn)
Main 2		Baked pork with creamy red paprika sauce and pasta	(pork meat, onion, butter , ground paprika, flour , cream , herbs, pasta , egg)
MENU VEG.	VEG	Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, vindaloo , tomato, coriander, rice)
ALLERGY FREE*		Lentil and cauliflower dhal with baked potatoes	(lentils, rice, cauliflower, onion, garlic, vindaloo , tomato, coriander, potatoes)
PM Snack		Wholegrain breadroll with chicken ham and lettuce	(wholegrain breadroll , butter , chicken ham, lettuce)
Salad	VEG	Mexican street corn salad "Esquites"	(corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
Sandwich		Baguette with roastbeef	(baguette , dried tomatoes, onion, butter , mustard , roastbeef, amazon spice, horseradish)

Thursday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, flour , sausage , cream , bayleaves, ground paprika, potatoes)
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		Baked beef with mushrooms and rice	(beef meat, mushrooms, herbs, onion, flour , yeast, egg , bread)
MENU VEG.	VEG	Indian butter curry with soya and rice	(soya meat , yoghurt , ginger, garlic, butter , garam masala, tomatoes, curry, rice)
ALLERGY FREE*		Baked cod fish with herbs and lentil salad	(cod , herbs, oil, lentils, beluga lentil, red lentil, herbs, spinach, onion, garlic, spice)
PM Snack	VEG	Cheesy "snail"	(flour , yeast, egg , milk , cheese)
Salad		Kenya beans salad	(sweet corn, spring onion, bacon, garlic, pepper, lettuce)
Sandwich	VEG	Sandwich with grilled vegetables and hummus	(sandwich bread , chickpea, olive oil, coriander, lemon, sesame oil)

Friday

Soup	VEG	Zucchini soup	(onion, zucchini, potatoes, cream , basil, garlic)
Main 1		Lasagne Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, butter , flour , cheese)
Main 1		Turkey tikka masala with rice	(turkey meat, onion, garlic, yoghurt , vindaloo, pepper, tomatoes, cream , garlic, rice)
Main 2	VEG	Pasta with tomato sauce and roasted zucchini	(pasta , onion, garlic, peeled tomatoes, zucchini, cheese)
ALLERGY FREE*		GF pasta with tomato sauce and roasted zucchini	(GF pasta, onion, garlic, peeled tomatoes, zucchini)
PM Snack	VEG	Homemade cake with forest fruit	(flour , egg , milk , fruit, sugar, starch)
Salad	VEG	Poke salad with fava beans and pickled vegetables	(sushi rice, vinegar, fava beans, pumpkin, carrot, cucumber, radiccio lettuce, sprouts, lime)
Sandwich		Egg sandwich	(sandwich bread , eggs , mayonnaise , chives)



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