

Monday

Soup	Indian tomato and red lentil soup	(red lentils, cream , tandoori masala, coriander, vindaloo paste, peeled tomatoes)
Main 1	Chicken stroganoff with gnocchi	(chicken meat, onion, cream , gnocchi)
Main 2 VEG	Chickpeas chana masala with tumeric bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, bulgur)
ALLERGY FREE*	Chickpeas chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, rice)
PM Snack	Chocolate croissant	-
Salad	Asian cucumber salad with goma wakame	(cucumbers, wakame, spring onions, sesame , coriander, rice vinegar, sugar)
Sandwich	Sandwich with Prague ham, gherkins and egg	(sandwich bread , prague ham, leek, horseradish, gherkins, iceberg lettuce, egg)

Tuesday

Soup	Czech potato soup	(potatoes, carrot, celery , onion, parsley, mushrooms, marjoram, garlic, flour)
Main 1	Risotto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
Main 2 VEG	Baked pasta with mushrooms and cream (houbové fleky)	(pasta , egg , cream , milk , onion)
ALLERGY FREE*	Risotto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	White or fruit yoghurt/Vanilla pudding with biscuit	-
Salad	Sweet cous cous salad	(dried banana, cranberries, apricots, raisins, mint, honey, cous cous)
Sandwich	BBQ Chicken sandwich	(sandwich bread , bacon, egg , chicken meat, cheddar cheese , ice salad)

Wednesday

Soup	Czech pea soup	(pea, onion, garlic, marjoram)
Main 1 VEG	Spaghetti with creamy zucchini sauce	(zucchini, cream , butter , garlic, basil)
Main 2	Fish patties with baked pumpkin and lentils	(fish, herbs, pumpkin, lentil, oil, spice, flour)
ALLERGY FREE*	Grilled fish with baked pumpkin and lentils	(fish, herbs, pumpkin, lentil, oil, spice, flour)
PM Snack	Dark sandwich bread with cheese and vegetable	-
Salad	Mixed salad with beans and mustard dressing	(iceberg lettuce, cucumber, tomato, pepper, onion, red beans, mustard , honey, olive oil)
Sandwich	Sandwich with cucumber, cheese and tzatziki spread	(sandwich , cucumber, soft cheese, tzatziki spices)

Thursday

Soup	Creamy tyrolean cheese soup	(potatoes, cheese , butter , flour , garlic, bread)
Main 1	Chicken nuggets with mashed potatoes	(chicken breast, flour , eggs , milk , breadcrumbs , butter , potatoes)
Main 2 VEG	Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
ALLERGY FREE*	Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
PM Snack	Breadroll with ham and cucumber	-
Salad	Salad with roasted courgettes, mushrooms and broccoli	(broccoli, zucchini, mushrooms, sun-dried tomatoes, basil, onions, carrots)
Sandwich	Baguette with smoked salmon, beetroot and dill	(baguette , smoked salmon, beetroot, balsamico, sugar, dill, baby spinach)

Friday **ALPINE DAY**

Soup	Tafelspitz	(celery , carrot, onion, parsley, beef meat)
Main 1	Baked pork with tyrolean cheese sauce and spatzel	(pork meat, cheese , egg , flour , milk , cream , butter)
Main 2 VEG	Germknodel with vanilla sauce	(flour , yeast, egg , vanilla, milk , plum jam)
ALLERGY FREE*	GF Penne with salmon in tomato sauce	
PM Snack	Gingerbread	-
Salad	Salad of green lentils with cauliflower and couscous	(lentil, cauliflower, couscous , carrot, olives, celery , sesame , cinnamon, nutmeg)
Sandwich	Baguette with roasted zucchini and mozzarella	(baguette , zucchini, mozzarella , dried tomatoes pesto)



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