

Monday

Soup	Chicken consommé with noodles	(chicken meat, carrot, celery , parsley, noodles)
Main 1	Andalusian beef with rice	(beef meat, onion, mustard , flour , eggs , gherkin, bacon, rice)
Main 2	Turkey strips in hoisin sauce with vegetables and noodles	(turkey meat, hoisin sauce, onion, green beans, corn, potato starch, bamboo sprouts, peppers , noodles)
Main 3 VEG	Wok fried turmeric tofu with saffron bulgur	(tofu , cream , soya sauce , lemon grass, ginger, turmeric, saffron, bulgur)
ALLERGY FREE*	Baked beef with herb sauce and GF gnocchi	(beef meat, salt, rice flour, GF gnocchi, onion, herbs)
Salad	Moroccan carrot salad with buckwheat	(carrot, buckwheat , onion, yoghurt , coriander, ginger)
Sandwich	Sandwich with cucumber-mustard relish and ham	(sandwich bread , gherkins, wholegrain mustard , ham, cheese)

Tuesday

Soup	Beetroot soup	(beetroot, potatoes, onion, dill)
Main 1	Segedin pork goulash with bread dumplings	(pork meat, cabbage, onion, caraway seeds, yeast , flour , eggs , cream , bread)
Main 2	Chicken oreganata with roasted potatoes	(chicken meat, oregano, onion, lemon, potato starch , potatoes, garlic)
Main 3 VEG	Pasta with tomato sauce, dried tomatoes, capers and basil	(pasta , peeled tomatoes, dried tomatoes, capers, basil)
ALLERGY FREE*	Chicken oreganata with roasted potatoes	(chicken meat, oregano, onion, lemon, potato starch , potatoes, garlic)
Salad	Bulgur salad with vegetables	(bulgur , cucumbers, red peppers, yellow peppers, tomatoes, spring onion, olive oil)
Sandwich	Baguette with baked beetroot and goat cheese	(baguette , beetroot, rucola, goat cheese , balsamico)

Wednesday

Soup	Mushroom and potato creamy soup	(mushrooms, potatoes, onion, flour , cream , vinegar)
Main 1	Baked beef with butter herbs sauce and rice	(beef meat, salt, flour , butter , rice, onion, herbs)
Main 2	Baked salmon with pumpkin purée and steamed corn	(salmon , herbs, potatoes, pumpkin, butter , milk , sweet corn)
Main 3 VEG	Strawberry dumplings with cottage cheese	(flour , eggs , yeast , yogurt , strawberries, cottage cheese , butter , sugar)
ALLERGY FREE*	Baked salmon with mashed potatoes and steamed corn	(salmon , herbs, potatoes, LF milk, sweet corn)
Salad	Iceberg lettuce with roasted beetroot and aubergine	(iceberg lettuce, beetroot, aubergine, balsamico reduction, olives)
Sandwich	Reuben sandwich	(sandwich bread , roastbeef, mayonnaise , mustard , gherkins, cabbage, cheddar cheese)

Thursday

Soup	Minestrone soup	(celery , onion, zucchini, carrot, tomatoes, olive oil)
Main 1	Chicken in creamy red pepper sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2	Seafood paella	(mussels , prawns , fish , calamary , peas, carrot, onion, saffron, rice)
Main 3 VEG	Baked potatoes "San Antonio"	(potatoes, olives, peppers, eggs , tomatoes, cheese , herbs)
ALLERGY FREE*	Seafood paella	(mussels , prawns , fish , calamary , pea, carrot, onion, saffron, rice)
Salad	Bean salad with corn and bacon	(bean pods, white beans, red beans, corn, basil pesto, bacon)
Sandwich	Sandwich with curry egg spread and radish	(sandwich bread , coriander, garam masala, curry spice, mayonnaise , radish)

Friday

Soup	French vegetable cream	(carrot, celery , onion, potatoes, leek)
Main 1	Turkey breast with red pepper coulis sauce and tarhoňa pasta	(turkey meat, onion, peppers, tomatoes, oil, tarhoňa pasta)
Main 2	Beef bourgignon with potato gnocchi	(beef meat, bay leaf, gnocchi , celery , thyme, onion, all spice, flour , carrot, tomatoes, mushrooms)
Main 3 VEG	Stir fried vegetables with tofu and rice noodles	(bamboo sprouts, tofu , noodles , coriander, zucchini, onion, garlic, carrot, ginger)
ALLERGY FREE*	Turkey breast with red pepper coulis sauce and rice	(turkey meat, onion, peppers, tomatoes, oil, rice)
Salad	Potato salad with caesar dressing, green peas and radish	(potatoes, pea, red onion, radish, chives, mayonnaise , anchovies , garlic)
Sandwich	Sandwich with tyrolean ham and tomatoes	(sandwich bread , tyrol ham, tomatoes, rucola, butter)



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