

Monday

Soup	Indian tomato and red lentil soup	(red lentils, cream , tandoori masala, coriander, vindaloo paste, peeled tomatoes)
Main 1	Pasta with turkey meat in creamy pumpkin sauce	(pasta , turkey meat, thyme, pumpkin, butter, cream, cheese)
Main 2	Chicken stroganoff with rice	(chicken meat, onion, cream , peppers, mushroom, gherkin, rice)
Main 3 VEG	Chickpea chana masala with turmeric bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, bulgur)
ALLERGY FREE*	Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, rice)
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	Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
Main 2	Stuffed potato dumplings with pork meat, cabbage and onions	(potatoes, smoked pork meat, flour, eggs, milk , cabbage, onion, cumin)
Main 3 VEG	Creamy pasta baked with mushrooms	(pasta, eggs, cream, milk , onion, mushrooms)
ALLERGY FREE*	Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
Salad	Sweet cous cous salad	(dried banana, cranberries, apricot, raisins, mint, honey, cous cous)
Sandwich	BBQ chicken sandwich	(sandwich bread , bacon, eggs , chicken meat, cheddar cheese , iceberg salad)

Wednesday

Soup	Czech peas soup	(peas, onion, garlic, marjoram)
Main 1	Chinese sweet and sour chicken with rice	(chicken meat, garlic, spring onion, peppers, tomato paste, soya sauce , vinegar, bamboo sprouts, sugar, rice)
Main 2	Grilled fish patties with baked pumpkin and lentil	(fish , herbs, pumpkin, lentil, oil, spice, flour, eggs)
Main 3 VEG	Spaghetti with creamy zucchini sauce	(pasta , zucchini, cream, butter , garlic, basil)
ALLERGY FREE*	Grilled fish with baked pumpkin and lentil	(fish , herbs, pumpkin, lentil, oil, spice)
Salad	Mixed salad with beans and mustard dressing	(iceberg lettuce, cucumber, tomatoes, peppers, onion, red beans, mustard , honey, olive oil)
Sandwich	Sandwich with cucumber, cheese and tzatziki spread	(sandwich bread , 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 meat, flour, eggs, milk, breadcrumbs, butter , potatoes)
Main 2	Baked pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, yeast, bread, milk)
Main 3 VEG	Ratatouille with rice	(peeled tomatoes, peppers, zucchini, aubergine, herbs, onion, rice)
ALLERGY FREE*	Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
Salad	Salad with roasted zucchini, mushrooms and broccoli	(broccoli, zucchini, mushrooms, sundried tomatoes, basil, onions, carrots)
Sandwich	Baguette with smoked salmon, beetroot and dill	(baguette , smoked salmon , beetroot, balsamico, sugar, dill, baby spinach)

Friday

Soup	Tafelspitz	(celery , carrot, onion, parsley, beef meat)
Main 1	Penne with salmon in tomato sauce	(pasta, salmon , tomato, onion, garlic, basil)
Main 2	Baked pork with tyrolean cheese sauce and spatzel	(pork meat, cheese, eggs, flour, milk, cream, butter)
Main 3	Germknodel with vanilla sauce	(flour , yeast, eggs , vanilla, milk)
ALLERGY FREE*	GF penne with salmon in tomato sauce	(GF pasta, salmon , tomatoes, onion, garlic, basil)
Salad	Green lentils salad 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)