

Monday

Soup	Red lentils and potato soup	(red lentils, potatoes, ground pepper, carrot, tomato paste)
Main 1	Pork taco risotto	(pork meat, rice, peeled tomatoes, peppers, onion, garlic, coriander, enchilada)
Main 2	Baked turkey breast with mashed potatoes and green peas	(turkey meat, potatoes, butter , milk , peas)
Main 3 VEG	Chickpea tagine with mushrooms and aubergine, cous cous	(coriander, onion, parsley, chickpeas , mushrooms, garlic, tomatoes, cinnamon, orange, cous cous)
ALLERGY FREE*	Baked turkey breast with gravy and rice	(turkey meat, onion, rice flour, herbs, rice)
Salad	Broccoli salad with corn, beetroot and balkan cheese	(broccoli, beetroot, corn, red cabbage, lolo rosa, balkan cheese)
Sandwich	Sandwich with pumpkin spread, mozzarella and baby spinach	(sandwich bread , pumpkin, soft cheese , garlic, herbs, mozzarella , baby spinach)

Tuesday

Soup	Chickpea and rosemary soup	(chickpea , rosemary, onion, garlic, tomato paste)
Main 1	Beef sirloin with tomato sauce and pasta	(beef meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 2	Slovak gnocchi "halušky" with smoked pork meat and cabbage	(pork smoked meat, onion, bacon, cabbage, sugar, oil, potatoes, eggs, flour)
Main 3 VEG	Jamie Oliver's vegetarian curry with rice	(zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, rice)
ALLERGY FREE*	Beef sirloin with tomato sauce and GF pasta	(beef meat, tomatoes, celery , bay leaves, sugar, rice flour, cinnamon, oil, GF pasta)
Salad	Chinese noodle salad	(rice noodles, chinese cabbage, white and red cabbage, spring onion, carrot, bamboo sprouts, corn, balkan cheese)
Sandwich	Sandwich with horseradish mayonnaise and bacon	(sandwich bread , horseradish, mayonnaise , bacon, tomatoes, egg , lolo biondo)

Wednesday

Soup	Potatoes and basil soup	(potatoes, onion, garlic, cream , butter , basil)
Main 1	Baked beef with bacon and rice	(beef meat, bacon, flour , onion, rice)
Main 2	Baked salmon with herbs, pumpkin purée and corn	(salmon , herbs, butter , carrot, milk , pumpkin, corn)
Main 3 VEG	Gnocchi with creamy spinach sauce	(gnocchi , cream , garlic, onion, spinach)
ALLERGY FREE*	Baked salmon with potatoes	(salmon , herbs, potatoes)
Salad	Tomato salad with eggs	(tomatoes, eggs , spring onion, mayonnaise , white yoghurt)
Sandwich	Sandwich with homemade tuna spread	(sandwich bread , tuna , eggs , mayonnaise , coriander, chilli peppers, sesame oil)

Thursday

Soup	Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground pepper)
Main 1	Chilli con carne with corn nachos	(beef meat, beans, onion, tomatoes, garlic, coriander, corn nachos)
Main 2	Spatzel with creamy mushroom sauce and bacon	(onion, mushrooms, cream , bacon, flour , eggs , milk)
Main 3 VEG	Fruit dumplings with cottage cheese	(flour , eggs , yeast, yoghurt , fruit, cottage cheese , butter , sugar)
ALLERGY FREE*	Chilli con carne with rice	(beef meat, beans, onion, tomatoes, garlic, coriander, rice)
Salad	Caesar salad with grilled chicken	(roman lettuce, chicken, spice gyros, eggs , crutons , cheese parmesan , mayonnaise , anchovy , mustard)
Sandwich	Sandwich with camembert cheese and raspberries and cranberries tapenade	(sandwich bread , cheese , cranberries, balsamico, rucola, raspberries)

Friday

Soup	Chicken consommé with noodles	(celery , carrot, onion, parsley, noodles , chicken meat)
Main 1	Turkey meat with vegetable "svíčková" sauce and bread dumplings	(turkey meat, thyme, bay leaf, carrot, celery , flour , butter , all spice, oil, mustard , lemon, cream , eggs , yeast, milk , bread)
Main 2	Pork stew with rice	(pork, thyme, onion, celery , butter , carrot, olive oil, tomato, parsley, rice)
Main 3 VEG	Soya cubes in tomato sauce with noodles	(soya meat , tomatoes, peppers, onion, sweet chilli sauce, noodles)
ALLERGY FREE*	Soya cubes in tomato sauce with baked potatoes	(soya meat , tomatoes, peppers, onion, sweet chilli sauce, baked potatoes)
Salad	Pasta salad with tuna and basil pesto	(pasta , tuna , olives, dried tomatoes, capers, rucola, baby spinach, parmesan cheese)
Sandwich	Baguette with parma ham, mozzarella and cantaloupe	(baguette , mozzarella , cantaloupe melon, baby spinach, mustard , honey, olive oil, lemon)



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