

Monday

Soup	Creamy zucchini soup	(onion, zucchini, potatoes, cream , herbs)
Main 1	Wok fried turmeric chicken with rice	(chicken breast, cream , lemon grass, garlic, fish sauce , oysters sauce, turmeric, sesame oil , rice)
Main 2	Baked pork cutlet with crushed potatoes and pea	(pork, onion, herbs, potatoes, milk , butter , pea)
Main 3 VEG	Peperonata with cauliflower cous cous	(basil, onion, garlic, peppers, tomatoes, cous cous)
ALLERGY FREE*	Baked pork cutlet with crushed potatoes and pea	(pork, onion, herbs, potatoes, LF milk, pea)
Salad	Cous cous salad with fresh vegetables	(cous cous , red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich	Baguette with ham, cheese and egg	(baguette , pork ham, cheese , eggs , tomatoes, soft cheese)

Tuesday

Soup	Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1	Chopped pork meat with vegetables and corn nachos	(pork meat, onion, vegetable, corn nachos)
Main 2	Turkey meatloaf with mashed potatoes and steamed vegetable	(turkey meat, onion, garlic, marjoram, eggs , breadcrumbs , flour , potatoes, milk , butter , vegetable)
Main 3 VEG	Cheesy potato cake with leek	(potatoes, leek, garlic, cream , cheese)
ALLERGY FREE*	Baked turkey breast with mashed potatoes and steamed vegetable	(turkey breast, potatoes, LF milk, vegetable)
Salad	Kenya beans salad	(sweet corn, spring onion, bacon, garlic, peppers, leaf salad)
Sandwich	Sandwich with grilled vegetables and hummus	(sandwich bread , chickpea, olive oil, coriander, lemon, sesame oil)

Wednesday

Soup	Cream of mushrooms	(cream , mushrooms, onion, flour , thyme)
Main 1	Pork curry with coconut milk, vegetable and rice noodles	(pork meat, turmeric, garam masala, ginger, butter , carrot, beans, bamboo, pea, coconut milk)
Main 2	Rabbit strips with vegetable and potato gnocchi	(rabbit meat, vegetable, potato gnocchi)
Main 3 VEG	Lentil and cauliflower dhal with pita bread	(lentils, cauliflower, onion, garlic, vindaloo paste, tomatoes, coriander, pita bread)
ALLERGY FREE*	Lentil and cauliflower dhal with rice	(lentils, cauliflower, onion, garlic, vindaloo paste, tomatoes, coriander, rice)
Salad	Rice salad with grilled vegetable	(rice, peppers, onion, zucchini, aubergine, herbs)
Sandwich	Baguette with roastbeef	(baguette , dried tomatoes, onion, butter , mustard , roastbeef, amazon spice, horseradish)

Thursday

Soup	Chicken consommé with vegetable and egg	(carrot, parsley, celery , onion, eggs , chicken meat)
Main 1	Spaghetti with chicken ragout	(pasta , chicken meat, carrot, celery , peeled tomatoes, onion)
Main 2	Beef goulash with bread dumplings	(beef meat, flour , onion, ground paprika, garlic, marjoram, flour , eggs , yeast, bread)
Main 3 VEG	Cantonese rice with vegetables	(rice, egg , leek, peppers, spring onion, zucchini, carrot, soya sauce)
ALLERGY FREE*	Beef goulash with GF pasta	(beef meat, onion, ground paprika, garlic, marjoram, GF pasta)
Salad	Lentil salad with smoked tofu and balkan chesse	(red lentil, smoked tofu , carrot, gherkin, peppers, iceberg lettuce, balkan cheese)
Sandwich	Baguette with basil pesto, tomatoes and mozzarella	(baguette , mozzarella , tomatoes, basil, parmesan cheese , garlic)

Friday

Soup	Cabbage soup with sausage	(cabbage, onion, caraway seed, flour , sausage, cream , bayleaves, ground paprika, potatoes)
Main 1	Chicken gyros with tzatziky and pita bread	(chicken meat, cream , cucumber, spice, pita bread)
Main 2	Baked tuna in parmesan crust with mashed potatoes and butter carrots	(tuna , herbs, parmesan cheese , butter , potatoes, carrot)
Main 3 VEG	Penne with tomato sauce and roasted zucchini	(pasta , parmesan cheese , onion, garlic, peeled tomatoes, zucchini)
ALLERGY FREE*	Chicken gyros with baked potatoes and cucumber salad	(chicken meat, potatoes, spice, cucumber)
Salad	Poke salad with fava beans and pickled vegetables	(sushi rice, vinegar, fava beans, pumpkin, carrot, cucumber, radicchio salad, sprouts, lime)
Sandwich	Farmer baguette	(baguette , potatoes, carrot, celery , gherkin, eggs , mayonnaise, onion, smoked pork)



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

Monday

Soup	Tomato and basil soup	(tomatoes, carrot, basil, garlic, celery)
Main 1	Chicken in creamy herbs sauce with spatzle	(chicken breast, herbs, cream , oil, spatzel)
Main 2	Steamed pork with carrot and mashed potatoes	(pork meat, carrot, butter , milk , flour potatoes)
Main 3 VEG	Caponata with rice	(herbs, carrot, oil sugar, tomatoes, capary, celery , basil, rice)
ALLERGY FREE*	Caponata with rice	(herbs, carrot, oil sugar, tomatoes, capary, celery , basil, rice)
Salad	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese , olive oil)
Sandwich	Baguette with smoked salmon	(baguette , smoked salmon , cream cheese , butter , chives)

Tuesday

Soup	Cauliflower cream with eggs and potatoes	(onion, cauliflower, cream, flour , eggs , potatoes)
Main 1 VEG	Penne with red pepper sauce	(pasta , cheese , onion, red peppers, peeled tomatoes, basil)
Main 2	Baked potatoes with chicken meat and spinach	(potatoes, chicken meat, spinach, butter , cream , parmesan , nutmeg)
Main 3	Beef cubes with vegetable and potato gnocchi	(beef meat, flour , onion, carrot, pea, zucchini, celery , herbs, gnocchi)
ALLERGY FREE*	GF pasta with red pepper sauce	(GF pasta, onion, red peppers, peeled tomatoes, basil)
Salad	Salad with baked pumpkin and mozzarella	(pumpkin, carrot, mozzarella , balsamico, iceberg lettuce, buckwheat, chicory)
Sandwich	Baguette with emmental cheese and red peppers	(baguette , emmental cheese , red peppers, soft cheese , iceberg lettuce)

Wednesday

Soup	Broccoli, spinach and potato soup	(broccoli, spinach, potatoes, garlic, basil, onion)
Main 1	Fish fingers with mashed potatoes and pea	(white fish , potatoes, milk , butter , breadcrumb , eggs , pea)
Main 2	Grilled turkey with dried tomatoes pesto and vegetable cous cous	(turkey meat, dried tomatoes, basil, oil, couscous , corn, zucchini, carrot)
Main 3 VEG	Mediterranean Quiche	(flour , butter , soft cheese , zucchini, peppers, onion, herbs, olives, garlic, parmesan cheese , eggs , cream)
ALLERGY FREE*	Baked white fish with mashed potatoes and steamed pea	(white fish , herbs, potatoes, LF milk, pea)
Salad	Chana chaat	(chickpea , red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich	Egg sandwich	(sandwich bread , eggs , mayonnaise , chives)

Thursday

Soup	Beef consommé with noodles	(carrot, celery , parsley, noodles , beef meat)
Main 1	Pasta Amatriciana	(onion, parsley, bacon, pasta , tomatoes, olive oil)
Main 2	Beef in aubergine sauce with rice	(beef meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
Main 3 VEG	Vegetable potato cake	(potatoes, cream , onion, garlic, spinach, carrot)
ALLERGY FREE*	Beef in aubergine sauce with rice	(beef meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
Salad	Peking salad with tofu	(peking salad, pak choy, radish, carrot, onion, hoisin dip, tofu)
Sandwich	BLT sandwich	(sandwich bread , mayonnaise , bacon, tomatoes, lettuce)

Friday

Soup	Creamy leek and potato soup	(butter , leek, onion, potatoes, cream)
Main 1	Turkey strips with vegetables and corn nachos	(turkey meat, onion, peppers, corn, peas, tomatoes, beans, corn nachos)
Main 2	Slovak "halušky" with brynza cheese, bacon and baked onion	(egg , flour , yeast, milk , cheese , bacon, onion)
Main 3 VEG	Indian beans curry with rice	(red beans, cauliflower, onion, spice, coconut milk, rice)
ALLERGY FREE*	Turkey strips with vegetables and rice	(turkey meat, onion, pepper, corn, peas, tomatoes, beans, rice)
Salad	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich	Baguette with grilled chicken	(baguette , chicken, spice gyros, cucumber, mayonnaise)



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