

Monday

Soup	VEG	Potato cream with basil	( butter , onion, potatoes, garlic,oil, cream , basil)
Main 1	NESSIE 1 ÚVOZ	Turkey with creamy paprika sauce and pasta	(turkey meat, onion, butter, flour , herbs, rice)
Main 2	NESSIE 2	Pork meat with carrots and mashed potatoes	(pork meat, onion, butter , bacon, rosemary, flour, egg, yeast , milk, bread )
MENU VEG.	VEG NESSIE VEG	Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes )
MENU DIET*		Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes )
PM Snack	VEG	Homemade Muffin	( egg, flour, banana , baking powder , sugar, butter, oil)
Salad	VEG	Pipirrana Salad	(peppers, red onion, cucumbers, tomatoes, olive oil, herbs, )
Sandwich	VEG	Veggie New Yorker sandwich	( sandwich bread , carrot, rucola, gherkin, red cabbage, mayonnaise, mustard , vinegar, cheddar cheese )

Tuesday

Soup		Turkey consommé with vegetable and noodles	( turkey meat, celery , carrot, parsley, noodles )
Main 1	NESSIE 1 ÚVOZ	Meat balls with curry sauce and rice	(beef meat, pork meat, flour, egg, yoghurt, butter , onion, garlic, garam masala, tomato, saffron, bay leaf, rice)
Main 2		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)
MENU VEG.	VEG NESSIE 2	Vegetable-legume patties with sweet potato purée and butter corn	(carrot, zucchini, chickpea, lentil, egg, flour, breadscrum , herbs, sweet potatoes, milk , corn, cauliflower)
MENU DIET*		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)
PM Snack	VEG	Pretzel	( flour, water, yeast, dried milk, egg, butter , salt)
Salad	VEG	Beluga lentil with tofu and vegetable	(beluga lentil, red lentil, onion, pepper, gherkin, herbs, tofu , dried tomatoes, capers)
Sandwich		Baguette with tuna, egg and lettuce	( baguette, butter, tuna, egg, lettuce, spring onion )

Wednesday

Soup	VEG	Spinach soup	(spinach, potatoes, garlic, cream , onion)
Main 1	NESSIE 1	Pasta with tomato sauce, tuna and basil	( pasta , crushed tomatoes, onion, garlic, basil, garlic, basil, tuna )
Main 2	NESSIE 2 ÚVOZ	Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumbs , potatoes)
MENU VEG.	VEG NESSIE VEG	Sweet buns with vanilla sauce	( flour, yeast , eggs, vanilla pudding , milk )
MENU DIET*		GF Pasta with tomato sauce, tuna and basil	( GF pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna )
PM Snack	VEG	Mango smoothie / Strawberry yoghurt - Nessie + Sibeliova	( milk , cream , sugar, mango, lemon juice) / ( yoghurt, honey, strawberries)
Salad	VEG	Mix of leaf salads with sundried tomatoes, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicory, olives, capers, mozzarella , balsamico)
Sandwich		Sandwich with paprika chicken and bacon	( sandwich bread , chicken breast, bacon, spread butter , ground paprika, lettuce)

Thursday

Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1	NESSIE 1	Meatloaf with mashed potatoes and steamed vegetable	(pork meat, beef meat, onion, garlic, marjoram, eggs, breadcrumbs, flour , potatoes, milk, butter , vegetable )
Main 2	ÚVOZ	Chicken tomato masala with aubergine and rice	(chicken meat, tomatoes, aubergine, onion, cream , tomato purée, turmeric, coriander, cinnamon, sugar, ginger, caraway seeds, garlic, rice)
MENU VEG.	VEG NESSIE 2	Pasta with creamy zucchini and basil sauce	( pasta , zucchini, cream , garlic, basil, parmesan cheese )
MENU DIET*		Beef Taco risotto	(beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, coriander, lime, garlic)
PM Snack	VEG	Rye breadroll with avocado spread and egg	( rye breadroll , avocado, egg, spread butter, yoghurt )
Salad		Caesar salad with eggs and croutons	(romaine lettuce, spice, egg, bread, cheese, mayonnaise, anchovies, mustard )
Sandwich	VEG	Sandwich with grilled vegetables and hummus	( sandwich bread , zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, tahini sesame paste , herbs)

Friday

Soup	VEG	Zucchini-tomato soup	(zucchini, crushed tomatoes, onion, garlic, basil, salt)
Main 1	NESSIE 1	Beef strips with roasted peppers and rice	( beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice )
Main 2	NESSIE 2 ÚVOZ	Chicken patties with cheddar cheese, mashed potatoes and baby carrot	(chicken meat, cheddar cheese, butter , potatoes, cream, milk , baby carrot)
Main 3	VEG NESSIE VEG	Creamy pasta bake with mushrooms	( pasta , mushrooms , egg, cream, milk , onion, spring onion, herbs)
MENU DIET*		Beef strips with roasted peppers and rice	( beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice )
PM Snack	VEG	Banana cake	( flour , bananas, eggs, baking powder, butter , oil, cinnamon, sugar)
Salad	VEG	Pasta salad with vegetable and broccoli pesto	( pasta , broccoli, olive oil, dried tomatoes, basil, cherry tomatoes , parmesan cheese )
Sandwich		Tortilla with roastbeef and red cabbage coleslaw salad	( tortilla , roastbeef, red cabbage, carrot, mayonnaise, yoghurt)

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



Monday

Soup	VEG	Cream of broccoli	(broccoli, <b>butter, cream, flour</b> , onion)
Main 1	NESSIE 1	Turkey cubes with gravy and rice	(turkey meat, onion, <b>butter, flour</b> , herbs, rice)
Main 2	NESSIE 2 ÚVOZ	Potato dumplings stuffed with smoked pork meat, cabbage and onion	(potatoes, <b>flour, milk, egg</b> , smoked pork meat, onion, cabbage, cumin)
MENU VEG.	VEG NESSIE VEG	Chickpea chana masala with cauliflower bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, <b>bulgur</b> , cauliflower)
MENU DIET*		Chickpea chana masala with baked potatoes	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, baked potatoes)
PM Snack	VEG	Donut with strawberry filling	( <b>flour, milk</b> , oil, yeast, <b>cottage</b> , strawberries, sugar)
Salad	VEG	Tabbouleh	( <b>bulgur</b> , <b>yoghurt</b> , parsley, tomato, cucumber, spring onion, olive oil)
Sandwich		Sandwich with Prague ham, gherkins and egg	( <b>sandwich bread</b> , Prague ham, leek, horseradish, gherkins, lettuce, <b>egg</b> )

Tuesday

Soup		Creamy chicken soup with vegetable	(chicken meat, <b>celery</b> , carrot, parsley, <b>butter, flour, cream, milk</b> )
Main 1	NESSIE 1 ÚVOZ	Risotto Bolognese	(rice, <b>celery</b> , beef meat, onion, cloves, olive oil, tomatoes, carrot, <b>parmesan cheese</b> )
Main 2	NESSIE 2	Baked pork with bacon and bread dumplings	(pork meat, onion, <b>butter</b> , bacon, rosemary, <b>flour, egg</b> , yeast, <b>milk, bread</b> )
MENU VEG.	VEG NESSIE VEG	Peperonata with basil cous cous	(basil, onion, garlic, pepper, tomatoes, <b>cous cous</b> )
MENU DIET*		Risotto Bolognese	(rice, <b>celery</b> , beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Homemade cottage cheese "příbinaček" with strawberries	( <b>cottage cheese, cream</b> , sugar, vanilla, strawberries)
Salad		Beans salad with tuna and egg	(bean pods, white beans, red beans, <b>tuna, egg</b> , rucola, cherry tomatoes, red onion, herbs, olive oil, vinegar, sugar)
Sandwich	VEG	Baguette with basil pesto, tomatoes and mozzarella	( <b>baguette, mozzarella</b> , tomatoes, basil, <b>parmesan cheese</b> , garlic)

Wednesday

Soup	VEG	Indian tomato and red lentil soup	(red lentils, <b>cream</b> , tandoori masala, coriander, <b>vindaloo</b> )
Main 1	NESSIE 1 ÚVOZ	Turkey nuggets with mashed potatoes and corn	(turkey breast, <b>flour, eggs, milk, breadcrumbs, butter</b> , potatoes, corn)
Main 2		Chicken Biryani	(chicken meat, <b>yoghurt</b> , ginger, garlic, <b>vindaloo, butter</b> , garam masala, tomato purée, saffron, bay leaves, coriander, mint, spring onion, fried onion, rice)
MENU VEG.	VEG NESSIE 2	Gnocchi with "4 formaggi" cheese sauce	( <b>gnocchi, cream, parmesan, edam, gouda, blue cheese</b> )
MENU DIET*		Baked salmon with herbs, baked potatoes and bean pods	( <b>salmon</b> , herbs, potatoes, bean pods, olive oil, garlic)
PM Snack		Pizza baguette with ham and cheese	( <b>baguette, ham, gouda cheese</b> , corn)
Salad		Mix of leaves salad with chicken ham, cheese and honey dressing	(mix of leaves salad, <b>gouda, cheddar cheese</b> , chicken ham, cherry tomatoes, pomegranate, cranberries, <b>mustard, honey</b> )
Sandwich		BBQ chicken sandwich	( <b>sandwich bread</b> , bacon, <b>egg</b> , chicken meat, <b>cheddar cheese</b> , lettuce)

Thursday

Soup	VEG	Czech pea soup	(pea, onion, garlic, marjoram, garlic)
Main 1	NESSIE 1 ÚVOZ	Beef with tomato sauce and pasta	(beef meat, tomatoes, <b>celery</b> , bay leaves, sugar, <b>flour</b> , cinnamon, oil, <b>pasta</b> )
Main 2		Baked turkey cubes with potato dumplings and cabbage	(turkey meat, onion, garlic, cabbage, potatoes, <b>egg, flour, milk</b> )
MENU VEG.	VEG NESSIE 2	Potato cones with poppy seeds and sugar	(potatoes, <b>flour, milk, butter, eggs</b> , poppy seeds, sugar)
MENU DIET*		Grilled pork cutlet with carrot purée and corn	(pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn)
PM Snack	VEG	Cheesy croissant	( <b>flour, egg</b> , baking powder, yeast, <b>cheese</b> )
Salad	VEG	Mix leaves salad with egg	(romaine lettuce, raddicio, lolo rosso lettuce, <b>egg</b> , tomatos, olive oil)
Sandwich		Baguette with smoked salmon	( <b>baguette, smoked salmon, spread butter</b> , chives)

Friday

Soup		Beef consommé with vegetable and meat	( <b>celery</b> , carrot, onion, parsley, beef meat)
Main 1	NESSIE 1 ÚVOZ	Indian chicken butter sauce curry with rice	(chicken breast, yoghurt, ginger, garlic, vindaloo, butter, garam masala, tomato purée, saffron, bay leaves, rice)
Main 2		Pasta with salmon in tomato sauce	( <b>pasta, salmon</b> , tomatoes, onion, garlic, basil, <b>cheese</b> )
MENU VEG.	VEG NESSIE 2	Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes, <b>ricotta cheese</b> , spinach, <b>egg</b> , potatoes, <b>cream</b> , herbs)
MENU DIET*		GF pasta with salmon in tomato sauce	(GF pasta, <b>salmon</b> , tomatoes, onion, garlic, basil)
PM Snack	VEG	Gingerbread	( <b>flour, oil, egg, baking powder, cocoa, sugar, milk, cinnamon, chocolate</b> )
Salad		Fresh vegetables salad with tuna and egg	(tomatoes, cucumber, beans, watercress, olives, <b>tuna, egg</b> )
Sandwich	VEG	Baguette with tomatoes, rucola and basil pesto	( <b>baguette</b> , basil pesto, tomatoes, rucola)

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freshandtasty

by ZATÍLÍ Group

Monday

Soup	VEG	Pumpkin and tomato soup	(pumpkin, onion, carrot, <b>celery</b> , ginger, thyme, honey, peeled tomatoes)
Main 1	NESSIE 1	Chicken murgli makhani with rice	(chicken meat, <b>yoghurt</b> , onion, tomatoes, garlic, <b>butter, cream</b> , cinnamon, garam masala, rice )
Main 2	NESSIE 2 ÚVOZ	Baked turkey breast with gravy, mashed potatoes and corn	(turkey meat, thyme, garlic, onion, potatoes, <b>milk, flour, butter</b> )
MENU VEG.	VEG NESSIE VEG	Caponata with cous cous	(herbs, carrot, oil sugar, tomato, capers, <b>celery</b> , basil, <b>cous cous</b> )
MENU DIET*		Caponata with rice	(herbs, carrot, oil sugar, tomato, capers, <b>celery</b> , basil, rice)
PM Snack	VEG	Czech donut with plum jam and sweet cottage (Vdolek)	( <b>flour, milk</b> , oil, yeast, <b>cottage</b> , plum,sugar)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, <b>parmesan cheese</b> , olive oil)
Sandwich		Baguette with smoked salmon	( <b>baguette</b> , <b>smoked salmon</b> , <b>cream cheese</b> , <b>butter</b> , chives)

Tuesday

Soup	VEG	Czech potato soup	(potatoes, <b>celery</b> , onion, garlic, cumin, marjoram, <b>flour</b> , carrot, mushrooms)
Main 1	NESSIE 1 ÚVOZ	Beef meat with garlic sauce, potato dumplings	(beef meat, onion, garlic, <b>flour</b> , oil, pepper, salt, potatoes, <b>milk, egg</b> )
Main 2		Creamy potato bake with chicken meat, broccoli and corn	(potatoes, chicken meat, broccoli, corn, <b>cream, parmesan cheese</b> , nutmeg )
MENU VEG.	VEG NESSIE 2	Vegetarian burrito with cheddar cheese and mix of lettuce	(tortilla, lettuce, carrot, onion, sweet potatoes, cauliflower, beans, cheddar cheese, bbq sauce, coriander)
MENU DIET*		GF pasta with red pepper sauce	(GF pasta, onion, red peppers, peeled tomatoes, basil)
PM Snack	VEG	Savory filled pastry "burek" with spinach and feta cheese	( <b>filo pastry</b> , spinach, <b>feta chese</b> , <b>ricotta</b> )
Salad	VEG	Mix of leaves salad with baked chickpea and tofu	(mix of leaves salads, beetroot, corn, grenaille potatoes, <b>tofu</b> , baked chickpea, herbs dressing)
Sandwich		Brussels baguette	( <b>baguette</b> , chicken breast, roasted onion, <b>blue cheese</b> )

Wednesday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, <b>flour, sausage, cream</b> , bayleaves, ground paprika, potatoes)
Main 1	NESSIE 1 ÚVOZ	Fish fingers with mashed potatoes and steamed pea	( <b>white fish, eggs, flour, milk, breadcrumbs</b> , potatoes, pea )
Main 2		Beef bourgignon with potato gnocchi	(beef meat, bay leaf, <b>celery</b> , thyme, onion, all spice, <b>flour, milk, butter</b> , carrot, tomato, mushrooms, <b>anocchi</b> )
MENU VEG.	VEG NESSIE 2	Cauliflower masala with rice	(cauliflower, spice, herbs, rice)
MENU DIET*		Baked white fish with chickpea, zucchini and dried tomatoes	( <b>white fish</b> , herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)
PM Snack		Croissant with ham and cheese	( <b>croissant</b> , ham, <b>cheese</b> )
Salad		Pasta salad with caesar dressing and cherry tomatoes	( <b>pasta</b> , spice, <b>egg</b> , corn, cherry tomatoes, <b>cheese, mayonnaise, anchovies, mustard</b> )
Sandwich		Sandwich with camembert spread	( <b>sandwich bread, camembert cheese, egg</b> , ham, onion, <b>mayonnaise</b> )

Thursday

Soup		Beef consommé with noodles	( beef meat, <b>celery</b> , carrot, parsley, <b>noodles</b> )
Main 1	NESSIE 1 ÚVOZ	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, <b>celery</b> , onion, oil, all spice, <b>cream, flour, bread</b> , yeast , <b>milk, egg</b> )
Main 2		Slovak gnocchi "halašky" with smoked pork meat and cabbage	( <b>gnocchi</b> , onion, sugar, oil, bacon, cabbage, pork smoked meat, potatoes, <b>eggs, milk, flour</b> )
MENU VEG.	VEG NESSIE 2	Chinese noodles with vegetables and egg	( <b>noodles, egg</b> , leek, cabbage, mushrooms, red onion, <b>soya sprouts</b> , bamboo sprouts, spring onion, <b>soya sauce, oyster sauce, hoisin sauce, sesame oil</b> , oil, garlic)
MENU DIET*		Turkey in aubergine sauce with rice	(turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
PM Snack	VEG	Cottage cheese "pribináček"	( <b>cottage cheese, cream</b> , sugar, vanilla)
Salad		Vegetable salad with tuna and mango dip	(iceberg lettuce, lolo roso salad, radicchio, corn, tomato, pepper, <b>tuna</b> , red onion, mango, sweet chilli, coriander )
Sandwich	VEG	Wrap with mozzarella, tomatoes and olives	( <b>tortilla</b> , iceberg lettuce, rucola, <b>mozzarella</b> , tomatoes, dried tomatoes pesto, olives)

Friday

Soup	VEG	Cauliflower with eggs and potatoes	(onion, cauliflower, <b>cream, flour,eggs</b> , potatoes)
Main 1	NESSIE 1 ÚVOZ	Chicken risotto "Bolognese"	(rice, <b>celery</b> , chicken meat, onion, cloves, olive oil, tomatoes, carrot, <b>parmesan cheese</b> )
Main 2	NESSIE 2	Pork paprikash with pasta	(pork meat, pepers, onion, ground paprika, <b>flour</b> , garlic, marjoram, <b>pasta</b> )
MENU VEG.	VEG NESSIE VEG	Coconut curry with vegetable and rice	( pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream, rice)
MENU DIET*		Chicken risotto "Bolognese"	(rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Oat muffin with dried fruit	( <b>flour</b> , sugar, <b>oatmeal</b> , <b>egg</b> , baking powder,dried fruit, flax-seeds, pumpkin seeds)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, <b>feta cheese</b> )
Sandwich		Baguette with chicken gyros and cucumber	( <b>baguette</b> , chicken meat, gyros spice, cucumber, <b>mayonnaise</b> )

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Monday

Soup	VEG	Zucchini cream	(zucchini, <b>butter</b> , garlic, onion, potatoes, <b>cream</b> )
Main 1	NESSIE 1	Spaghetti with meatballs and tomato-basil sauce	( <b>pasta</b> , beef meat, pork meat, onion, garlic, <b>breadcrumbs</b> , <b>egg</b> , herbs, oil, crushed tomatoes, basil, <b>cheese</b> )
Main 2	NESSIE 2 ÚVOZ	Sweet potatoes curry with turkey meat and rice	(turkey meat, sweet potatoes, onion, spring peas, olive oil, red curry, peppers, spice, turkey meat, <b>coconut milk</b> , chickpea, potato starch, rice)
Main 3	VEG NESSIE VEG	Ratatouille with bulgur	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, <b>bulgur</b> )
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
PM Snack	VEG	Cinnamon snail	( <b>puff pastry</b> , cinnamon, sugar)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich	VEG	Sandwich with camembert cheese and cranberry tapenade	( <b>sandwich bread</b> , <b>cheese</b> , cranberries, balsamico, rucola)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1	NESSIE 1 ÚVOZ	Baked pork cubes with potato dumplings	(pork meat, oil, onion, garlic, potatoes, <b>egg</b> , <b>flour</b> , <b>milk</b> )
Main 2	NESSIE 2	Baked tuna with mashed potaoes and savoy cabbage with corn	( <b>tuna</b> , herbs, <b>butter</b> , <b>milk</b> , potatoes, savoy cabbage, corn)
Main 3	VEG NESSIE VEG	Baked pumpkin with spiced red lentill and balcan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, <b>balcan cheese</b> , parsley)
MENU DIET*		Baked tuna with mashed potaoes and savoy cabbage with corn	( <b>tuna</b> , herbs, potatoes, LF milk, savoy cabbage, corn)
PM Snack	VEG	Grissini with cheese dip	( <b>grissini sticks</b> , <b>edam</b> , <b>cheddar cheese</b> , <b>spread butter</b> )
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves, beetroot, corn, grenaille potatoes, <b>tuna</b> , <b>white yoghurt</b> , dill, garlic, lemon)
Sandwich		Baguette with sweet chilli chicken	( <b>baguette</b> , chicken breast, romaine lettuce, sweet chilli sauce, <b>mayonnaise</b> )

Wednesday

Soup		Beef consommé with noodles	( <b>celery</b> , carrot, onion, parsley, <b>noodles</b> , beef meat)
Main 1	NESSIE 1 ÚVOZ	Chicken in creamy paprika sauce with pasta	(chicken meat, onion, <b>cream</b> , ground paprika, oil, <b>pasta</b> )
Main 2	NESSIE 2	Creamy potato bake with smoked pork meat	(potatoes, smoked pork meat, bacon, onion, pea, <b>cream</b> , <b>egg</b> )
Main 3	VEG NESSIE VEG	Jamie Oliver´s vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <b>coconut milk</b> )
MENU DIET*		Jamie Oliver´s vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <b>coconut milk</b> )
PM Snack	VEG	Pumpkin breadroll with wild garlic spread	( <b>wholegrain breadroll</b> , pumpkin seeds, wild garlic, <b>spread butter</b> , <b>yoghurt</b> )
Salad	VEG	"Farmer´s" salad with egg	(mix of leaves salad, beetroot, corn, grenaille potatoes, <b>egg</b> , herbs dressing)
Sandwich		Sandwich with horseradish mayonnaise and bacon	( <b>sandwich bread</b> , horseradish, <b>mayonnaise</b> , bacon, tomatoes, <b>egg</b> , lolo biondo )

Thursday

Soup		Frankfurter soup	(onion, <b>sausage</b> , <b>milk</b> , ground paprika, <b>flour</b> )
Main 1	ÚVOZ	Sweet and sour chicken with vegetables and jasmine rice	(chicken meat, rice, peppers, spring onion, rice vinegar, <b>soya sauce</b> , peeled tomatoes, sugar, potato starch, herbs)
Main 2	NESSIE 1	Holland schnitzel with mashed potatoes and gherkin	(pork meat, <b>flour</b> , <b>egg</b> , <b>breadcrumbs</b> , potatoes, <b>milk</b> , <b>butter</b> , gherkin)
Main 3	VEG NESSIE 2	Fruit dumplings with cottage cheese and butter	( <b>flour</b> , <b>eggs</b> , yeast, <b>yoghurt</b> , fruit, <b>cottage cheese</b> , <b>butter</b> , sugar)
MENU DIET*		GF Pasta Amatriciana	(GF pasta, crushed tomatoes, smoked pork meat, onion, basil)
PM Snack		Tortilla with ham and cheese	( <b>tortilla</b> , ham, <b>cheese</b> , salad, <b>spread butter</b> )
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, <b>mozzarella</b> )
Sandwich		Sandwich with tzatziky spread and chicken meat	( <b>sandwich bread</b> , <b>spread butter</b> , dill, garlic, cucumber, chicken meat, gyros spice)

Friday

Soup	VEG	Pumpkin cream	(pumpkin, onion, potatoes, <b>butter</b> , <b>cream</b> , thyme)
Main 1	ÚVOZ	Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
Main 2	NESSIE 1	Chicken stroganoff with rice	(chicken meat, <b>cream</b> , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
Main 3	VEG NESSIE 2	Stir fried vegetables with tofu and chinese noodles	(bamboo sprouts, <b>tofu</b> , <b>chinese noodles</b> , coriander, zucchini, onion, garlic, carrot, ginger)
MENU DIET*		Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
PM Snack	VEG	Homemade cocoa cottage cheese "příbiňáček"	( <b>cottage cheese</b> , <b>cream</b> , sugar, cocoa, vanilla)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich		Baguette with parma ham, mozzarella and tomato	( <b>baguette</b> , <b>mozzarella</b> , tomatoes, baby spinach, <b>mustard</b> , honey, olive oil, lemon, ham)

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Monday			
Soup	VEG	Carrot and sweet potatoes cream	( carrot, sweet potatoes, onion, <b>butter, cream</b> )
Main 1	NESSIE 1 ÚVOZ	Turkey goulash with pasta	(chicken breast, <b>flour, cream</b> , ground paprika, onion, <b>pasta</b> )
Main 2	NESSIE 2	Thai beef meat wih broccoli and rice	(beef meat, broccoli, garlic, <b>soya sauce, fish sauce</b> , potato starch, ginger, rice)
MENU VEG.	VEG NESSIE VEG	Aubergine-tomato masala with coriander cous cous	(onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, <b>cous cous</b> )
MENU DIET*		Turkey goulash with rice	(chicken breast, rice flour, ground paprika, onion, rice)
PM Snack	VEG	Butter choco roll	( <b>flour, milk</b> , yeast, <b>egg, chocolate</b> , baking powder)
Salad		Corn salad with tuna	( <b>tuna</b> , corn, red and green pepper, red onion, spring onion, beans, dill, lemon juice)
Sandwich		Sandwich with chicken ham and tomato	( <b>sandwich bread, mayonnaise</b> , chicken ham, tomatoes, lettuce)

Tuesday			
Soup		Chicken consommé with pasta	( <b>celery</b> , carrot, onion, parsley, <b>pasta</b> , chicken meat)
Main 1	NESSIE 1	Indian chicken butter sauce curry with rice	(chicken breast, <b>yoghurt</b> , ginger, garlic, vindaloo, <b>butter</b> , garam masala, tomato purée, saffron, bay leaves, rice)
Main 2	NESSIE 2 ÚVOZ	Pork patties with cabbage, mashed potatoes and baby carrots	(pork meat, cabbage, onion, garlic, marjoram, <b>egg, breadcrumb, flour</b> , potatoes, <b>milk, butter</b> , vegetable)
MENU VEG.	VEG NESSIE VEG	Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
MENU DIET*		Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
PM Snack	VEG	Breadroll with egg spread	("kaiserka" breadroll, egg, mayonnaise, parsley)
Salad		Pasta salad with chicken meat and fresh vegetables	( <b>pasta, yoghurt, mayonnaise</b> , chicken meat, cucumber, peppers, corn)
Sandwich	VEG	Baguette with olive pesto and mozzarella	( <b>baguette</b> , olives, <b>mozzarella</b> , rucola, basil, olive oil )

Wednesday			
Soup	VEG	Red lentil and chickpea soup	(chickpea, red lentil, onion, peeled tomatoes, coriander)
Main 1		Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, <b>cream, pita bread</b> )
Main 2	NESSIE 1 ÚVOZ	Chinese twice cooked pork with rice	(pork meat, ginger, <b>soya sauce, potato starch</b> , onion, leek, pepper, rice)
MENU VEG.	VEG NESSIE 2	Cauliflower patties with cheese, pumpkin purée and butter corn	(cauliflower, <b>egg, breadcrumbs</b> , herbs, <b>cheddar cheese</b> , corn, <b>butter</b> , pumpkin, potatoes, <b>milk</b> )
MENU DIET*		Chicken gyros with rice pilaf	(chicken meat, gyros spice, rice, carrot, chickpea, spring onion, coriander)
PM Snack	VEG	Blueberry yogurt	( <b>yogurt</b> , honey, blueberries)
Salad		Poke salad with tuna and bean pods	(rice, rice vinegar, bean pods, baby spinach, <b>tuna</b> , cucumber, sprouts, lime)
Sandwich		BLT sandwich	( <b>sandwich bread, mayonnaise</b> , bacon, tomatoes, lettuce)

Thursday			
Soup		Creamy turkey soup with vegetable	(turkey meat, <b>celery</b> , carrot, parsley, <b>butter, flour, cream, milk</b> )
Main 1		Chicken strips with creamy herbs sauce and rice	(chicken breast, <b>cream</b> , oil, thyme, parsley, marjoram, <b>butter</b> , garlic, rice)
Main 2	NESSIE 1 ÚVOZ	White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber	( <b>white fish</b> , dried tomatoes, basil, potatoes, <b>milk, butter</b> cucumber, dill)
MENU VEG.	VEG NESSIE 2	Spinach frittata with salad	(potatoes, spinach, <b>cream, egg</b> , onion, <b>cheddar cheese</b> )
MENU DIET*		Pork risotto and gherkins	(pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin)
PM Snack	VEG	Buckwheat baguette with cheese and cucumber	( <b>baguette</b> , <b>butter, cheese</b> , cucumber )
Salad	VEG	Tomato salad with peppers and avocado	(tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin)
Sandwich		Reuben sandwich	( <b>sandwich bread</b> , roastbeef, <b>mayonnaise</b> , <b>mustard</b> , gherkins, cabbage, <b>cheddar cheese</b> )

Friday			
Soup	VEG	Czech kulajda	( <b>cream, eggs</b> , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, <b>flour</b> )
Main 1	NESSIE 1 ÚVOZ	Spaghetti Bolognese	( <b>pasta</b> , beef meat, peeled tomatoes, onion, carrot, garlic, <b>celery</b> , bayleaves, tomato purée, <b>parmesan cheese</b> )
Main 2	NESSIE 2	Roast pork with bread dumplings and cabbage	(pork meat, onion, <b>flour</b> , garlic, cumin, <b>eggs</b> , cabbage, sugar, <b>bread</b> , yeast, <b>milk</b> )
MENU VEG.	VEG NESSIE VEG	Palak paneer with rice	( <b>paneer cheese</b> , onion, spinach, garlic, <b>cream</b> , spice, herbs, rice)
MENU DIET*		GF Spaghetti Bolognese	(GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, <b>celery</b> , bayleaves, tomato purée)
PM Snack	VEG	Cocoa cake with cottage cheese	( <b>flour, egg, milk, cottage</b> , sugar, cocoa, starch)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, <b>cream fresh</b> , capers, dill, <b>smoked salmon</b> )
Sandwich	VEG	Sandwich with baby spinach, cheddar cheese and egg	( <b>sandwich bread, cheddar cheese, egg, butter</b> )

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

