

Monday			
Soup	VEG	Potato cream with vegetable	(potatoes, carrot, onion, celery , cream , oil, butter , parsley, mace)
Main 1	EY	Chicken stir fry with vegetables and rice	(chicken breast, carrot, pak choi, spring onion, garlic, onion, soya sauce , sesame oil , rice)
Main 2		Ham with mashed potatoes and green pea	(ham, butter , green pea, potatoes, milk)
Main 3	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour , milk , egg , poppy seeds, sugar, butter)
MENU DIET*		Ham with crushed potatoes and green pea	(ham, pea, green potatoes, LF milk)
Salad	VEG	Bulgur salad with olives and balkan cheese	(bulgur , capers, olives, lettuce, dried tomatoes, garlic,basil, olive oil, balkan cheese)
Sandwich	VEG	Baguette with cheese and salad	(baguette , soft cheese , butter , gouda , ermine cheese , mozzarella , lettuce)

Tuesday			
Soup		Chicken consommé with tarhoña pasta	(chicken meat, celery , carrot, parsley, garlic, salt, pepper, bay leaf, all spice tarhoña pasta)
Main 1	EY	Gnocchi Amatriciana	(gnocchi , onion, parsley, bacon, tomatoes, olive oil)
Main 2		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Main 3	VEG	Creamy dill sauce with egg and bread dumplings	(egg , milk , onion, rice flour, dill, sugar, celery , vinegar, cream , flour , yeast, bread)
MENU DIET*		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Salad	VEG	Pasta salad with baked vegetable and yoghurt	(pasta , yoghurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	(tortilla , lettuce, egg , ham, cheese , yoghurt , tomato purée, tomatoes)

Wednesday			
Soup	VEG	Cauliflower soup with vegetable	(cauliflower, onion, potatoes, carrot, parsley, salt)
Main 1		Chilli con carne with nachos	(beef meat, beans, onion, tomatoes, garlic, coriander, corn nachos)
Main 2	EY	Roast pork with mushroom sauce, crushed potatoes	(pork meat, thyme, garlic, mushrooms, salt, oil, cream , potatoes, butter , onion)
Main 3	VEG	Baked potatoes with broccoli and cauliflower	(potatoes, broccoli, cauliflower, cream , edam cheese , potato starch, nutmeg, salt, pepper)
MENU DIET*		Chilli con carne with rice	(beef meat, beans, onion, tomatoes, garlic, coriander, rice)
Salad		Caesar salad with roastbeef	(romaine lettuce, roastbeef, spice, egg , bread , cheese , mayonnaise , anchovies , mustard)
Salad	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)

Thursday			
Soup	VEG	Czech kulajda	(potatoes, onion, sugar, mushrooms, dill, salt, milk , rice flour, vinegar, oil, cream , egg)
Main 1	VEG EY	Pasta with tomato-basil sauce, parmasan cheese	(pasta, oil, tomatoes, onion, garlic, basil, parmasan cheese)
Main 2		White fish with herbs pesto, green pea purée and steamed vegetables	(white fish , herbs, olive oil, lemon juice, bean pods, corn, cauliflower, butter , pea)
Main 3	VEG	Cauliflower patties with yoghurt dip and crushed potatoes	(cauliflower, egg , breadcrumbs , olive oil, flour , milk , turmeric, cumin, lemon, parsley, white yoghurt , potatoes, butter)
MENU DIET*	VEG	GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmasan cheese , olive oil)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worchester , smoked salt)

Friday			
Soup		Beef consommé with meat and noodles	(pasta , parsley, celery , garlic, onion, bean pods, beef meat, bay leaf, all spice, salt, pepper, carrot, oil)
Main 1	EY	Chicken with creamy paprika sauce and pasta	(chicken meat, cream , onion, rice flour, oil, butter , salt, pasta)
Main 2		Thai beef with broccoli, bamboo and jasmine rice	(beef meat, broccoli, garlic, soya sauce , oyster sauce , chilli peppers, potato starch, ginger, bamboo sprouts, rice)
Main 3	VEG	Frittata with leek, zucchini and salad	(potatoes, basil, garlic, zucchini, leek, tomatoes, lettuce, lollo rosso salad, rucola, cream , egg)
MENU DIET*		Beef with herbs sauce and rice	(beef meat, onion, rosemary, thyme, oil, rice)
Salad	VEG	Greek salad	(pepper, olives, cucumber, olive oil, tomatoes, feta cheese)
Sandwich		Baguette with chicken meat, camembert and lettuce	(baguette , chicken meat, mayonnaise , soft cheese , lettuce, camember)

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



Monday		
Soup	Chicken consommé with meat, vegetables and noodles	(cauliflower, parsley, broccoli, carrot, chicken meat, onion, celery , salt, garlic, all spice, peper, bay leaf, oil, noodles)
Main 1	EY Pork in carrots with mashed potatoes	(pork meat, onion, nutmeg, milk , rice flour, carrot, oil, potatoes, butter)
Main 2	Indian butter chicken curry with rice	(chicken, garlic, sugar, yoghurt , spices, ginger, butter , mil k, oil, tikka masala paste, tomato paste, cream)
Main 3	VEG Legumes ragout	(tomatoes, celery stalks , carrot, chickpeas, onion, lentils, beans, oil, sugar, garlic, parsley, basil, salt)
MENU DIET*	Pork in carrots with boiled potatoes	(pork meat, onion, nutmeg, rice flour, carrot, oil, potatoes)
Salad	VEG Nicoise	(potatoes, beans pods, olives, tomatoes, parsley)
Sandwich	Baguette with ham, cheese and egg	(baguette , pork ham, cheese , eggs , tomato, soft cheese)

Tuesday		
Soup	VEG Cream of mushrooms	(mushrooms, cumin, oil, butter , rice flour, milk , cream , salt, potatoes, thyme)
Main 1	VEG EY Gnocchi pomodoro with basil	(gnocchi , garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)
Main 2	Chinese noodles with chicken meat, vegetables and egg	(noodles , chicken meat, coriander, celery stalks , garlic, onion, spring onion, carrot, oil, soya sauce , fish sauce , oyster sauce , peppers, leek, pak choi, cabbage, soya sprouts , ginger)
Main 3	VEG Gnocchi pomodoro with basil	(gnocchi , garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)
MENU DIET*	Beef with herbs sauce and rice	(beef meat, onion, rosemary, thyme, oil, rice)
Salad	Chef's salad	(lettuce, tomato, cucumber, ham, egg , cheese , bread , yoghurt , tomato purée, mayonnaise)
Sandwich	VEG Baguette with basil pesto, tomatoes and mozzarella	(baguette , mozzarella , tomatoes, basil, parmasan cheese , garlic)

Wednesday		
Soup	Beef consommé with meat, vegetables and egg	(beef meat, garlic, salt, pepper, bay leaf, all spice, onion, carrot, celery , parsley, celery stalks , egg , milk)
Main 1	EY Smoked pork with creamy spinach and potato dumplings	(smoked pork meat, spinach, garlic, onion, flour , cream , potatoes , egg)
Main 2	Baked cod in yogurt with vindaloo and coriander with rice pilaf	(cod , white yogurt , oil, honey, ginger, garam masala , garlic, lemon juice, coriander, dill, rice, chickpea, carrot, turmeric, onion, spring onion)
Main 3	VEG Vegetarian paella	(rice, tomatoes, bell pepper, oil, carrot, salt, saffron, pepper, onion, garlic, celery , thyme, parsley, rosemary)
MENU DIET*	Baked cod in herbs with peas and mashed potatoes	(cod , basil, parsley, green pea, olive oil, potatoes, LF milk)
Salad	VEG Esquites Mexican Street corn Salad	(corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
Salad	Baguette with roastbeef	(dried tomatoes, onion, butter , mustard , roastbeef, amazon spice, horseradish, baguette)

Thursday		
Soup	VEG Potato soup with barley groats	(potatoes, celery , onion, cumin, garlic, barley groats , marjoram, butter , flour , carrot, oil, salt, pepper, mushrooms, broccoli)
Main 1	EY Chicken gyros, tzatziki, baked potatoes	(chicken meat, cucumber, dill, garlic, yogurt, gyros spice, salt, oil, potatoes, oil)
Main 2	Baked pork with bacon	(pork, onion, flour , bacon, mustard , oil, rice)
Main 3	VEG Jamie's Oliver vegetable curry with rice	(zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, rice)
MENU DIET*	Jamie's Oliver vegetable curry with rice	(zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, rice)
Salad	Kenya beans salad	(sweet corn, spring onion, bacon, garlic, pepper, lettuce)
Sandwich	Wrap with with smoked salmon	(tortilla , smoked salmon , cream cheese , rucola, lettuce,lemon, dill)

Friday		
Soup	VEG Vegetable cream with croutons	(oil, carrot, celery , onion, parsley, zucchini, celery stalks , salt, pepper, milk , cream , butter , leek, rice flour, croutons)
Main 1	EY Turkey goulash with pasta	(turkey meat, flour , cream , ground paprika, onion, pasta)
Main 2	Shepherd's pie with beef	(potatoes, beef, milk , peas, cheddar cheese , carrot, onion, celery stalk , oil, butter , tomato purée, salt, worcester sauce , bay leaf, cloves)
Main 3	VEG Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes, ricotta cheese , spinach, egg , cream , herbs)
MENU DIET*	Turkey goulash with rice	(turkey meat, rice flour, ground paprika, onion, rice)
Salad	VEG Poke salad with fava beans and pickled vegetables	(sushi rice, vinegar, fava beans, pumpkin, carrot, cucumber, radicchio lettuce, sprouts, lime)
Sandwich	VEG Egg sandwich	(sandwich bread , eggs , mayonnaise , chives)

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