

Monday

Soup	VEG	Cream of broccoli	(broccoli, butter , cream , flour , onion)
Main 1		Meat balls with mashed potatoes and cranberries dip	(beef meat, pork meat, flour , eggs , milk , breadcrumbs , butter , cranberries, onion, carrot, celery)
Main 2		Tuna rissotto	(tuna, rice, pea, corn, carrot, turmeric, spring onion, herbs)
MENU VEG.	VEG	Chickpea chana masala with cauliflower bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, bulgur , cauliflower)
MENU DIET*		Chickpea chana masala with baked potatoes	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, rice)
Salad	VEG	Tabbouleh	(bulgur, yoghurt , parsley, tomato, cucumber, spring onion, olive oil)
Sandwich		Sandwich with Prague ham, gherkins and egg	(sandwich bread, Prague ham, leek, horseradish, gherkins, lettuce, egg)

Tuesday

Soup		Creamy chicken soup with vegetable	(chicken meat, celery , carrot, parsley, butter , flour , cream , milk)
Main 1		Rissotto Bolognese	(rice, celery , chicken meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2		Baked pork with bacon and bread dumplings	(pork meat, onion, butter , bacon, rosemary, yeast, flour , egg , milk , bread)
MENU VEG.	VEG	Peperonata with basil couscous	(basil, onion, garlic, peppers, tomatoes, couscous)
MENU DIET*		Rissotto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
Salad	VEG	Tomato salad with yoghurt and egg	(tomatoes, egg , yoghurt , spring onion, dill, salt)
Sandwich	VEG	Caesar sandwich with chicken meat	(wholegrain sandwich bread, romaine lettuce, egg , cheese , mayonnaise , anchovies , mustard , chicken meat)

Wednesday

Soup	VEG	Indian tomato and red lentil soup	(red lentils, cream , tandoori masala, coriander, vindaloo)
Main 1		Baked turkey breast with gravy, mashed potatoes and corn	(turkey meat, thyme, garlic, onion, potatoes, milk , flour , butter)
Main 2		Chicken Biryani	(chicken meat, yoghurt , ginger, garlic, vindaloo, butter , garam masala, tomato purée, saffron, bay leaves, coriander, mint, spring onion, fried onion, rice)
MENU VEG.	VEG	Pasta with creamy broccoli sauce	(pasta , broccoli, cream , onion, milk , parmesan cheese)
MENU DIET*		Baked salmon with herbs, baked potatoes and bean pods	(salmon, herbs, potatoes, bean pods, olive oil, garlic)
Salad		Mix of leaves salad with chicken ham, cheese and honey dressing	(mix of leaves salad, gouda , cheddar cheese , chicken ham, cherry tomatoes, pomegranate, cranberries, mustard , honey)
Sandwich		BBQ chicken sandwich	(sandwich bread, bacon, egg , chicken meat, cheddar cheese , lettuce)

Thursday

Soup	VEG	Czech pea soup	(pea, onion, garlic, marjoram, garlic)
Main 1		Beef with tomato sauce and pasta	(beef meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 2		Smoked pork meat with gravy and mashed potatoes	(smoked pork, onion, flour , potatoes, milk , butter)
MENU VEG.	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour , milk , butter , eggs , poppy seeds, sugar)
MENU DIET*		Seafood Paella	(rice, tilapia fish , tuna , shrimps , mussels , calamari , onion, turmeric, peas, lemon)
Salad	VEG	Rice salad with grilled vegetables	(rice, peppers, onion, zucchini, aubergine, herbs)
Sandwich		Baguette with smoked salmon	(baguette, smoked salmon, spread butter, chives)

Friday

Soup		Beef consommé with vegetable and meat	(celery, carrot, onion, parsley, beef meat)
Main 1		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	(pasta , salmon, tomatoes, onion, garlic, basil)
MENU VEG.	VEG	Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes, ricotta cheese , spinach, egg , potatoes, cream , herbs)
MENU DIET*		GF pasta with salmon in tomato sauce	(GF pasta, salmon, tomatoes, onion, garlic, basil)
Salad		Fresh vegetables salad with tuna and egg	(tomatoes, cucumber, beans, watercress, olives, tuna , egg)
Sandwich	VEG	Baguette with tomatoes, rucola and basil pesto	(baguette, basil pesto, tomatoes, rucola)

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



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Monday

Soup	VEG	Potato cream with basil	(butter, onion, potatoes, garlic, oil, cream, basil)
Main 1		Turkey with creamy paprika sauce and pasta	(turkey meat, onion, butter, ground paprika, flour, cream, pasta)
Main 2		Meatloaf with mashed potatoes and gherkin	(pork meat, beef meat, onion, garlic, marjoram, eggs, breadcrumbs, flour, potatoes, milk, butter)
MENU VEG.	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)
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	VEG	Creamy savoy cabbage soup with potatoes	(savoy cabbage, onion, potatoes, milk, cream, ground paprika, vinegar)
Main 1		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	VEG	Gnocchi with "4 formaggi" cheese sauce	(gnocchi, cream, parmesan, edam, gouda, blue cheese)
MENU VEG.	VEG	Vegetable-legume patties with sweet potato purée and butter corn	(carrot, zucchini, chickpea, lentil, egg, flour, breadcrumb, 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, olive oil)
Salad	VEG	Chinese cabbage salad with rice noodles and tofu	(chinese cabbage, rice noodles, radish, onion, tofu, honey, sesame seeds, soy sauce)
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		Pasta with tomato sauce, tuna and basil	(pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
Main 2		Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumb, potatoes, gherkin)
MENU VEG.	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)
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		Turkey consommé with vegetable and noodles	(turkey meat, onion, celery, carrot, parsley, noodles)
Main 1		Pork meat with carrots and mashed potatoes	(pork meat, onion, carrot, flour, butter, milk, potatoes, cumin)
Main 2		Beef burrito with corn salad "Esquites"	(beef meat, beans, onion, tomato, garlic, coriander, tortilla, corn, spring onion, pepper, mayonnaise, coriander, lime, garlic)
MENU VEG.	VEG	Pasta with creamy zucchini and basil sauce	(pasta, zucchini, cream, garlic, basil, parmesan cheese)
MENU DIET*		Beef Taco Rissotto	(beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, coriander, lime, garlic)
Salad		Caesar salad with eggs, croutons and parmesan cheese	(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		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour, caraway seed, ground paprika)
Main 1		Turkey strips with roasted peppers and rice	(turkey meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce, rice)
Main 2		Chicken patties with cheddar cheese, mashed potatoes and baby carrot	(chicken meat, cheddar cheese, butter, potatoes, cream, milk, baby carrot)
MENU VEG.	VEG	Creamy pasta bake with mushrooms	(pasta, mushrooms, egg, cream, milk, onion, spring onion, herbs)
MENU DIET*		Chicken patties with LF mashed potatoes and baby carrot	(chicken meat, potatoes, LF milk, baby carrot)
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)

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Monday

Soup	VEG	Pumpkin and tomato soup	(pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1		Chicken murgh makani with rice	(chicken meat, yoghurt , onion, tomatoes, garlic, butter , cream , cinnamon, garam masala, rice)
Main 2		Baked rabbit leg with mashed potatoes	(rabbit leg, onion, garlic, bacon, flour , butter , herbs, potatoes, milk)
MENU VEG.	VEG	Caponata with cous cous	(herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous)
MENU DIET*		Caponata with rice	(herbs, carrot, oil sugar, tomato, capers, celery , basil, rice)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, 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	VEG	Czech potato soup	(potatoes, celery , onion, garlic, cumin, marjoram, flour , carrot, mushrooms)
Main 1		Pasta with turkey meat in creamy spinach sauce	(pasta , turkey meat, cream , spinach, onion, garlic, parmesan cheese)
Main 2		Potato bake with smoked pork meat	(potatoes, smoked pork meat, bacon, onion, pea, cream , egg)
MENU VEG.	VEG	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)
Salad	VEG	Mix of leaves salad with baked chickpea and tofu	(mix of leaves salads, beetroot, corn, grenaille potatoes, tofu , baked chickpea, herbs dressing)
Sandwich		Brussels baguette	(baguette , chicken breast, roasted onion, blue cheese)

Wednesday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, flour , sausage , cream , bayleaves, ground paprika, potatoes)
Main 1		Pork cubes with caraway seeds and pasta	(pork meat, onion, flour , butter , caraway seeds, pasta)
Main 2		Fish fingers with mashed potatoes and steamed pea	(white fish, eggs, flour , milk , breadcrumbs , potatoes, pea)
MENU VEG.	VEG	Cauliflower masala with with rice	(cauliflower, spice, herbs, rice, red lentil)
MENU DIET*		Baked white fish with chickpea, zucchini and dried tomatoes	(white fish, herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)
Salad		Pasta salad with caesar dressink and cherry tomatoes	(pasta , spice, egg, corn, cherry tomato, cheese , mayonnaise , anchovies, mustard)
Sandwich		Sandwich with camembert spread	(sandwich bread , camembert cheese , egg, ham, onion, mayonnaise)

Thursday

Soup		Beef consommé with noodles	(beef meat, celery , carrot, parsley, noodles)
Main 1		Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream , flour , bread , yeast, milk , egg)
Main 2		Turkey in aubergine sauce with rice	(turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
MENU VEG.	VEG	Vegetarian potato cake	(potatoes, carrot, spinach, cream , onion, garlic, potato starch)
MENU DIET*		Turkey in aubergine sauce with rice	(turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
Salad		Vegetable salad with tuna and mango dip	(ice lettuce, lolo rosa salad, radicchio, corn, tomato, pepper, tuna , red onion, mango, sweet chilli, coriander)
Sandwich	VEG	Wrap with mozzarella, tomatoes and olives	(tortilla , iceberg lettuce, rucola, mozzarella , tomatoes, dried tomatoes pesto, olives)

Friday

Soup	VEG	Cauliflower with eggs and potatoes	(onion, cauliflower, cream , flour , eggs , potatoes)
Main 1		Chicken risotto "Bolognese"	(rice, celery , chicken meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2		Slovak gnocchi "halušky" with smoked pork meat and cabbage	(gnocchi, onion, sugar, oil, bacon, cabbage, pork smoked meat, potatoes, eggs , milk , flour)
MENU VEG.	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)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	(baguette , chicken meat, gyros spice, cucumber, mayonnaise)

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Monday

Soup	VEG	Zucchini cream	(zucchini, butter , garlic, onion, potatoes, cream)
Main 1		Spaghetti with meatballs and tomato-basil sauce	(pasta , beef meat, pork meat, onion, garlic, breadcrumbs , egg , herbs, oil, crushed tomatoes, basil, cheese)
Main 2		Chicken stroganoff with rice	(chicken meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
MENU VEG.	VEG	Ratatouille with bulgur	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur)
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich	VEG	Sandwich with camembert cheese and cranberry tapenade	(sandwich bread , cheese, cranberries, balsamico, rucola)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1		Baked pork cubes with potato dumplings and cabbage	(pork meat, oil, onion, garlic, potatoes, egg , flour , milk , cabbage)
Main 2		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna, herbs, butter , milk , potatoes, savoy cabbage, corn)
MENU VEG.	VEG	Baked pumpkin with spiced red lentil and Balkan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balkan cheese , parsley)
MENU DIET*		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna, herbs, potatoes, LF milk, savoy cabbage, corn)
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves, beetroot, corn, grenaille potatoes, tuna , white yogurt , dill, garlic, lemon)
Sandwich		Baguette with sweet chilli chicken	(baguette , chicken breast, romain lettuce, sweet chilli sauce, mayonnaise)

Wednesday

Soup		Beef consommé with noodles	(celery, carrot, onion, parsley, noodles , beef meat)
Main 1		Chicken in creamy paprika sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2		Creamy potato bake with chicken meat, broccoli and corn	(potatoes, chicken meat, broccoli, corn, cream , parmesan , nutmeg)
MENU VEG.	VEG	Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
MENU DIET*		Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Salad	VEG	"Farmer's" salad with egg	(mix of leaves salad, beetroot, corn, grenaille potatoes, egg , herbs dressing)
Sandwich		Sandwich with horseradish mayonnaise and bacon	(sandwich bread , horseradish, mayonnaise , bacon, tomatoes, egg , lolo biondo)

Thursday

Soup		Frankfurter soup	(onion, sausage , milk , ground paprika, flour)
Main 1		Sweet and sour chicken with vegetables and jasmine rice	(chicken meat, rice, peppers, spring onion, rice vinegar, soya sauce, peeled tomatoes, sugar, potato starch, herbs)
Main 2	VEG	Fruit dumplings with cottage cheese and butter	(flour, eggs, yeast, yoghurt, fruit, cottage cheese , butter, sugar)
MENU VEG.	VEG	Baked camembert with sundried tomato crust, salad, and cranberry dip	(camembert cheese , dried tomatoes, olives, mushrooms, parmesan cheese , breadcrumbs)
MENU DIET*		GF Pasta Amatriciana	(GF pasta, crushed tomatoes, smoked pork meat, onion, basil)
Salad		Panzanella (Italian tomato salad with croutons)	(tomatoes, cherry tomatoes, peppers, red onion, anchovies , croutons , basil, vinegar)
Sandwich		Sandwich with tzatziki spread and chicken meat	(sandwich bread , spread butter, dill, garlic, cucumber, chicken meat, gyros spice)

Friday

Soup	VEG	Pumpkin cream	(pumpkin, onion, potatoes, butter , cream , thyme)
Main 1		Chilli con carne with corn nachos (rice for kindergarten)	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos/rice)
Main 2		Pork stew with vegetable and spätzle	(pork meat, onion, carrot, parsley, flour , butter , herbs, spätzle)
MENU VEG.	VEG	Stir fried vegetables with tofu and chinese noodles	(bamboo sprouts, tofu , chinese noodles , coriander, zucchini, onion, garlic, carrot, ginger)
MENU DIET*		Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich		Baguette with parma ham, mozzarella and tomato	(baguette , mozzarella, tomatoes, baby spinach, mustard , honey, olive oil, lemon, ham)

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