

Monday			
Soup	VEG	Carrot and sweet potatoes cream	(carrot, sweet potatoes, onion, butter, cream)
Main 1	NESSIE 1 ÚVOZ	Turkey goulash with bread dumplings	(chicken breast, flour, cream , ground paprika, onion, bread , yeast, egg)
Main 2		Thai beef with basil and rice	(minced beef meat, onion, basil, fish sauce, soya sauce , garlic, rice)
MENU VEG.	VEG NESSIE 2	Aubergine-tomato masala with coriander cous cous	(onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, cous cous)
MENU DIET*		Baked pork cutlet with mashed potatoes and bean pods	(pork meat, onion, herbs, oil, bean pods, potatoes, LF milk)
PM Snack	VEG	Butter choco roll	(flour, milk , yeast, egg, chocolate , baking powder)
Salad		Mix of leaf salads with dried ham, mozzarella and balsamico	(lettuce, radicchio, red chard, rucola, cherry tomatoes, dried ham, olive oli, mozzarella, balsamico, honey)
Sandwich		Sandwich with chicken ham and tomato	(sandwich bread, mayonnaise , chicken ham, tomatoes, lettuce)

Tuesday			
Soup		Chicken consommé with pasta	(celery , carrot, onion, parsley, pasta , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Meat balls with tomato sauce "rajská" and pasta	(beef meat, pork meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 2	NESSIE 2	Chicken drumstick adobo with rice pilaf	(chicken drumstick, rice vinegar, vinegar, soy sauce , sugar, garlic, bay leave, rice, carrot, onion, chickpea, oil)
MENU VEG.	VEG NESSIE VEG	Vegetable casseroI with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
MENU DIET*		Vegetable casseroI 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	(pasta, yoghurt, mayonnaise , chicken meat, cucumber, peppers, corn)
Sandwich	VEG	Baguette with olive pesto and mozzarella	(baguette , olives, mozzarella , rucola, basil, olive oil)

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

Thursday			
Soup		Creamy turkey soup with vegetable	(turkey meat, celery , carrot, parsley, butter, flour, cream, milk)
Main 1	NESSIE 1 ÚVOZ	Chicken strips with creamy herbs sauce and rice	(chicken breast, cream , oil, thyme, parsley, marjoram, butter , garlic, rice)
Main 2	NESSIE 2	Pork risotto with cheese and gherkins	(pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin)
MENU VEG.	VEG NESSIE VEG	Spinach frittata with salad	(potatoes, spinach, cream, egg , onion, cheddar cheese)
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	(baguette , butter, cheese , cucumber)
Salad	VEG	Tomato salad with peppers and avocado	(tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin)
Sandwich		Baguette with meat balls, baked peppers a cheddar cheese	(baguette , beef meat, pork meat, breadcrumbs , onion, egg, BBQ sauce , peppers, cheddar cheese)

Friday			
Soup	VEG	Czech kulajda	(cream, eggs , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, flour)
Main 1	NESSIE 1 ÚVOZ	Spaghetti Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, parmesan cheese)
Main 2	NESSIE 2	Roast pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread , yeast, milk)
Main 3	VEG NESSIE VEG	Palak paneer with rice	(paneer cheese , onion, spinach, garlic, cream , spice, herbs, rice)
MENU DIET*		GF Spaghetti Bolognese	(GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée)
PM Snack		Homemade coconut cake	(flour, egg, milk, cream , coconut, sugar, butter , baking powder)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, cream fresh , capers, dill, smoked salmon)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich, beetroot, dill, cottage cheese, spread butter , rucola)

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



Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(<i>cream</i> , <i>tarhoňa pasta</i> , garlic, onion, carrot, <i>celery</i> , peeled tomatoes, basil)
Main 1	NESSIE 1 ÚVOZ	Turkey cubes with gravy and rice	(turkey meat, onion, rice flour, oil, caraway seeds, rice)
Main 2		Cottage pie with beef	(potatoes, beef, <i>milk</i> , peas, <i>cheddar cheese</i> , carrot, onion, <i>celery stalk</i> , oil, <i>butter</i> , tomato purée, salt, <i>worchester sauce</i> , bay leaf, cloves)
MENU VEG.	VEG NESSIE VEG	Bulgureto with vegetable and cheese	(<i>bulgur</i> , carrot, <i>celery</i> , pea, corn, chickpea, <i>cheese</i> , crushed tomatoes)
MENU DIET*		Beef ragout with peas and rice	(beef meat, onion, carrot, <i>celery stalks</i> , tomato purée, <i>worchester</i> , rice)
PM Snack	VEG	Cottage cheese cake with raisins	(<i>flour</i> , egg, <i>butter</i> , <i>milk</i> , cottage cheese, <i>baking powder</i> , sugar, oil, raisins)
Salad	VEG	Cous cous salad with fresh vegetables	(<i>cous cous</i> , red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Sandwich with smoked salmon and chives spread	(<i>sandwich bread</i> , <i>smoked salmon</i> , chives, <i>spread butter</i>)

Tuesday

Soup		Turkey consommé with noodles	(turkey, carrot, <i>celery</i> , onion, parsley, <i>noodles</i>)
Main 1	NESSIE 1	Roast chicken strips with vegetable and corn nachos / rice for EY	(chicken meat, beans, peppers, corn, corn nachos)
Main 2	NESSIE 2 ÚVOZ	Pork goulash with bread dumplings	(pork meat, <i>flour</i> , onion, ground paprika, garlic, marjoram, <i>egg</i> , <i>milk</i> , yeast, <i>bread</i>)
MENU VEG.	VEG NESSIE VEG	Greek zucchini cake with feta cheese and beetroot salad	(zucchini, onion, dill, <i>cheese</i> , <i>butter</i> , oil, <i>egg</i> , beetroot, salad)
MENU DIET*		Roast chicken strips with vegetable and rice	(chicken meat, beans, peppers, corn, rice)
PM Snack	VEG	Homemade pear purée	(pears, apples, cinnamon, sugar)
Salad	VEG	Pasta salad with fresh vegetable and pesto	(<i>pasta</i> , cucumber, pepper, corn, <i>mayonnaise</i> , olive , <i>white yoghurt</i>)
Sandwich		Club sandwich	(<i>sandwich bread</i> , iceberg lettuce, tomato, bacon, chicken meat, <i>egg</i> , <i>mayonnaise</i>)

Wednesday

Soup	VEG	Minestrone soup	(<i>celery</i> , onion, zucchini, carrot, tomato, olive oil)
Main 1		Braised pork cheeks with mashed potatoes and baby carrot	(pork cheeks, onion, <i>butter</i> , oil, <i>flour</i> , garlic, potatoes, <i>milk</i> , baby carrot)
Main 2	NESSIE 1 ÚVOZ	BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, <i>BBQ sauce</i> , lettuce, potatoes, cabbage, carrot, <i>celery</i> , onion, vinegar, <i>mayonnaise</i> , oil)
MENU VEG.	VEG NESSIE VEG	Sweet buns with vanilla sauce	(<i>flour</i> , yeast, <i>eggs</i> , vanilla pudding , <i>milk</i>)
MENU DIET*		Tuna rissoto	(<i>tuna</i> , rice, pea, corn, carrot, turmeric, spring onion, herbs)
PM Snack		Breadroll with ham and cucumber	(<i>breadroll</i> , ham, cucumber, <i>spread butter</i>)
Salad		Lentil-bulgur bowl with egg and cauliflower	(lentil, <i>bulgur</i> , mix of leaves salad, <i>egg</i> , pickled cauliflower)
Sandwich		Reuben sandwich	(<i>sandwich bread</i> , roastbeef, <i>mayonnaise</i> , <i>mustard</i> , gherkins, cabbage, <i>cheddar cheese</i>)

Thursday

Soup		Creamy kale soup with potatoes and sausage	(kale, onion, caraway seed, <i>flour</i> , <i>sausage</i> , <i>cream</i> , bayleaves, potatoes)
Main 1	VEG NESSIE 1	Pasta with tomato-basil sauce	(<i>pasta</i> , <i>cheese</i> , oil, tomatoes, onion, garlic, basil)
Main 2	NESSIE 2 ÚVOZ	Turkey tikka masala wrap with corn salad and sour cream	(turkey meat, <i>yogurt</i> , onion, ground paprika, tikka masala paste, vindaloo, corn, spring onion, <i>sour cream</i> , <i>tortilla</i>)
MENU VEG.	VEG NESSIE VEG	Broccoli patties with mashed potatoes and steamed corn	(broccoli, <i>egg</i> , <i>breadcrumbs</i> , herbs, <i>cheddar cheese</i> , corn, <i>butter</i> , potatoes, <i>milk</i>)
MENU DIET*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
PM Snack		Bagel with bacon	(bacon , <i>cheese</i> , tomatoes)
Salad		Poke salad with smoked salmon and yellow radish	(sushi rice, <i>smoked salmon</i> , yellow radish, pea, red cabbage, lime, coriander, sprouts, lamb's lettuce)
Sandwich		Caesar wrap	(<i>tortilla</i> , romaine lettuce, spice gyros, chicken meat <i>eggs</i> , <i>parmesan cheese</i> , <i>mayonnaise</i> , <i>anchovies</i> , <i>mustard</i>)

Friday

Soup	VEG	Lentil soup	(lentils, <i>flour</i> , onion, garlic, vinegar, marjoram)
Main 1	NESSIE 1	Jamie Oliver's turkey curry with rice	(turkey , zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <i>coconut milk</i>)
Main 2	NESSIE 2 ÚVOZ	Minced pork schnitzel with mashed potatoes and gherkin	(pork meat, <i>flour</i> , <i>egg</i> , <i>breadcrumbs</i> , potatoes, <i>milk</i> , <i>butter</i>)
Main 3	VEG NESSIE VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, <i>egg</i> , <i>mozzarella</i> , <i>pita bread</i>)
MENU DIET*		Jamie Oliver's turkey curry with rice	(turkey , zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <i>coconut milk</i>)
PM Snack	VEG	Homemade plum cake	(<i>flour</i> , <i>egg</i> , sugar, <i>butter</i> , <i>milk</i> , plums, vanilla)
Salad		Spinach salad with apples and bacon	(baby spinach, apples, bacon, chives, honey, <i>mustard</i> , lettuce, olive oil)
Sandwich		Baguette with parma ham, mozzarella and tomato	(<i>baguette</i> , <i>mozzarella</i> , tomato, baby spinach, <i>mustard</i> , honey, olive oil, lemon, ham)



fresh tasty
by ZATKI Group

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Monday			
Soup	VEG	Vegetable cream	(carrot, parsley, celery , leek, potatoes, butter, cream , spice)
Main 1	NESSIE 1 ÚVOZ	BBQ meatballs with mashed potatoes and green pea	(beef meat, pork meat, flour, eggs, milk, breadcrumbs, butter , BBQ sauce, crushed tomatoes, smoked paprika, onion, carrot, celery , potatoes , green pea)
Main 2		Beef with provencal herbs and rice	(beef meat, rice flour , thyme, rosemary, oregano, basil, marjoram, onion, tomatoes, rice)
MENU VEG.	VEG NESSIE VEG	Wok fried turmeric tofu with vegetable and saffron bulgur	(tofu , cream , soya sauce , lemon grass, ginger, turmeric, saffron, bulgur)
MENU DIET*		Beef with provencal herbs and rice	(beef meat, rice flour , thyme, rosemary, oregano, basil, marjoram, onion, tomatoes, rice)
PM Snack	VEG	Chocolate muffin with beetroot	(flour , beetroot, oil, sugar, chocolate , potato starch, cocoa, baking powder , cinnamon)
Salad	VEG	Bulgur salad with olives and 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	VEG	Cream of mushrooms	(cream , mushrooms, onion, flour , thyme)
Main 1	NESSIE 1 ÚVOZ	Baked pork with bacon and rice	(pork meat, onion, butter , bacon, rosemary, flour , rice)
Main 2	NESSIE 2	Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat , butter , peppers, onion, garlic, marjoram, potato starch, potatoes, dill)
MENU VEG.	VEG NESSIE VEG	Sweet potatoes curry with pea pods and rice	(sweet potatoes, onion, string pea, olive oil, red curry, pepper, spice, tomatoes, coconut milk , chickpea, potato starch, rice)
MENU DIET*		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, oil, peppers, onion, garlic, marjoram, potato starch, potatoes, dill)
PM Snack	VEG	Cheesy "snail"	(flour , yeast, egg, milk, cheese)
Salad	VEG	Pasta salad with baked vegetable and yogurt	(pasta , yogurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	(tortilla , lettuce, egg , ham, cheese , yoghurt , tomato purée, tomatoes)
Wednesday			
Soup		Garlic soup with bacon and egg	(garlic, celery , carrot, parsley, beef meat, bacon, potatoes, egg , marjoram)
Main 1	NESSIE 1 ÚVOZ	Lasagne Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato puree, butter , flour, parmesan cheese)
Main 2	NESSIE 2	Segedin goulash with bread dumplings	(pork meat, cabbage, onion, flour, cream , caraway seed, yeast, eggs, bread, milk)
MENU VEG.	VEG NESSIE VEG	Chickpea mushroom tagine with rice	(crushed tomatoes, chickpea, aubergine, mushrooms, onion, parsley, cinnamon, turmeric, qaram masala , garlic , coriander, around paprika, caraway seeds, rice)
MENU DIET*		Chickpea mushroom tagine with rice	(crushed tomatoes, chickpea, aubergine, mushrooms, onion, parsley, cinnamon, turmeric, qaram masala , garlic , coriander, around paprika, caraway seeds, rice)
PM Snack	VEG	Chia bread with chives spread	(chia bread , chives, spread butter , spring onion, cottage cheese , radishes)
Salad	VEG	Salad with baked sweet potatoes, beetroot and feta cheese	(sweet potatoes, beetroot, carrot, parsnip, pumpkin seeds, balsamic dressing, feta cheese)
Sandwich	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)
Thursday			
Soup		Chicken consommé with noodles	(celery , carrot, parsley, noodles , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Chicken in red peppers coulis sauce with tarhoňa pasta with basil and rucola	(chicken meat, red peppers, onion, crushed tomatoes, garlic, tarhoňa pasta , basil, rucola, olive oil)
Main 2	NESSIE 2	Ham with mashed potatoes and green pea	(pork ham, potatoes, milk, butter, green pea)
MENU VEG.	VEG NESSIE VEG	Paneer tikka masala with rice	(paneer cheese , onion, garlic, yoghurt , vindaloo, pepper, tomatoes, cream , garlic, rice)
MENU DIET*		Chicken in red peppers coulis sauce with rice	(chicken meat, red peppers, onion, crushed tomatoes, garlic, rice)
PM Snack		Croissant with rucola and chicken ham	(croissant , chicken ham, rucola)
Salad	VEG	Salad with veggie balls	(cous cous , iceberg lettuce, chickpea, gherkin, red onion, salsa fresca, parsley dressing, tahini paste , oil, soya , flour, garlic, potato starch , egg, milk , rosemary, ground paprika, beetroot)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worchester , smoked salt)
Friday			
Soup		Goulash soup	(beef meat, garlic, marjoram, flour , cumin, ground pepper)
Main 1	NESSIE 1 ÚVOZ	Chicken patties with mashed potatoes and baby carrot	(chicken meat, ketchup, cream , butter , potatoes, milk , baby carrot)
Main 2	NESSIE 2	Roast pork in "frankfurtská" sauce with sausages and rice	(pork meat, onion, ground paprika, pepper, salt, butter, flour , oil, cream, sausage , rice)
Main 3	VEG NESSIE VEG	Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomato, oil, parsley, thyme, corn nachos)
MENU DIET*		Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomatoes, oil, parsley, thyme, corn nachos)
PM Snack		Apple cake with oat flakes	(apples, oat flakes, flour, egg , sugar, cinnamon, butter, milk, baking powder)
Salad	VEG	Italian cous cous	(cous cous , lettuce, rucola, mozzarella , dried tomatoes, leccino olives, sunflower seeds, basil pesto, lime dressing, parsley oil)
Sandwich		Baguette with chicken meat, camembert and lettuce	(baguette , chicken meat, mayonnaise , soft cheese , lettuce, camember)

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