

## Monday

Soup	VEG	Vegetable cream	(carrot, parsley, <b>celery</b> , leek, potatoes, <b>butter, cream</b> , spice)
Main 1	NESSIE 1 ÚVOZ	Grilled turkey breast with mashed potatoes and steamed pea	(turkey meat, potatoes, <b>milk, butter</b> , olive oil, green pea)
Main 2		Baked beef with creamy dill sauce and bread dumplings	(beef meat, dill, <b>milk, butter, flour</b> , vinegar, <b>cream</b> , bay leaf, allspice, <b>bread, yeast, egg</b> )
MENU VEG.	VEG NESSIE VEG	Wok fried turmeric tofu with vegetable and saffron bulgur	(tofu, <b>cream, soya sauce</b> , lemon grass, ginger, turmeric, saffron, <b>bulgur</b> )
MENU DIET*		GF pasta with vegetable ragout	(GF pasta, crushed tomatoes, peppers, olive oil, carrot, green lentil, red lentil, beluga lentil, chickpea, onion, garlic, parsley, ginger)
PM Snack	VEG	Chocolate muffin with beetroot	(flour, beetroot, oil, sugar, <b>chocolate</b> , potato starch, cocoa, <b>baking powder</b> , cinnamon)
Salad	VEG	Bulgur salad with olives and cheese	( <b>bulgur</b> , capers, olives, lettuce, dried tomatoes, garlic, basil, olive oil, <b>balkan cheese</b> )
Sandwich	VEG	Baguette with cheese and salad	( <b>baguette, soft cheese, butter, gouda, ermine cheese, mozzarella</b> , lettuce)

## Tuesday

Soup		Cream of mushrooms	( <b>cream</b> , mushrooms, onion, <b>flour</b> , thyme)
Main 1	NESSIE 1 ÚVOZ	Baked pork with bacon and rice	(pork meat, onion, <b>butter</b> , bacon, rosemary, <b>flour, rice</b> )
Main 2	NESSIE 2	Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, <b>butter</b> , 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, <b>coconut milk</b> , 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"	( <b>flour, yeast, egg, milk, cheese</b> )
Salad	VEG	Pasta salad with baked vegetable and yogurt	( <b>pasta, yogurt</b> , zucchini, carrot, herbs, onion, pepper)
Sandwich	VEG	Chef's tortilla	( <b>tortilla</b> , lettuce, <b>egg, ham, cheese, yoghurt</b> , tomato purée, tomatoes)

## Wednesday

Soup		Garlic soup with bacon and egg	(garlic, <b>celery</b> , carrot, parsley, beef meat, bacon, potatoes, <b>egg, marjoram</b> )
Main 1	NESSIE 1 ÚVOZ	Lasagne Bolognese	( <b>pasta</b> , beef meat, peeled tomatoes, onion, carrot, garlic, <b>celery</b> , bayleaves, tomato puree, <b>butter, flour, parmesan cheese</b> )
Main 2	NESSIE 2	Segedin goulash with bread dumplings	(pork meat, cabbage, onion, <b>flour, cream</b> , caraway seed, yeast, <b>eggs, bread, milk</b> )
MENU VEG.	VEG NESSIE VEG	Chickpea mushroom tagine with rice	(crushed tomatoes, chickpea, aubergine, mushrooms, onion, parsley, cinnamon, turmeric, garam masala, garlic, coriander, ground paprika, caraway seeds, rice)
MENU DIET*		Chickpea mushroom tagine with rice	(crushed tomatoes, chickpea, aubergine, mushrooms, onion, parsley, cinnamon, turmeric, garam masala, garlic, coriander, ground paprika, caraway seeds, rice)
PM Snack	VEG	Tapioca with coconut milk and mango	(tapioca, coconut milk, mango, vanilla sugar)
Salad	VEG	Salad with baked sweet potatoes, beetroot and feta cheese	(sweet potatoes, beetroot, carrot, parsnip, pumpkin seeds, balsamic dressing, <b>feta cheese</b> )
Sandwich	VEG	Sandwich Caprese	( <b>sandwich bread</b> , tomatoes, basil, <b>mozzarella</b> )

## Thursday

Soup		Goulash soup	(beef meat, garlic, marjoram, <b>flour</b> , cumin, ground pepper)
Main 1	NESSIE 1 ÚVOZ	Chicken patties with mashed potatoes and baby carrot	(chicken meat, ketchup, <b>cream</b> , <b>butter</b> , potatoes, <b>milk</b> , baby carrot)
Main 2	NESSIE 2	Roast pork in "frankfurtská" sauce with sausages and rice	(pork meat, onion, ground paprika, pepper, salt, <b>butter, flour</b> , oil, <b>cream, sausage</b> , 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	VEG	Apple cake with oat flakes	(apples, <b>oat flakes, flour, egg</b> , sugar, cinnamon, <b>butter, milk, baking powder</b> )
Salad	VEG	Italian cous cous	( <b>cous cous</b> , lettuce, rucola, <b>mozzarella</b> , dried tomatoes, leccino olives, sunflower seeds, basil pesto, lime dressing, parsley oil)
Sandwich		Baguette with chicken meat, camembert and lettuce	( <b>baguette</b> , chicken meat, <b>mayonnaise, soft cheese</b> , lettuce, <b>camember</b> )

## Friday

PUBLIC HOLIDAY

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



## Monday

Soup	VEG	Tomato with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, <b>celery</b> )
Main 1	NESSIE 1 ÚVOZ	Pork tenderloin strips in creamy bacon sauce with mashed potatoes	(pork tenderloin, bacon, <b>cream, milk, butter</b> , potato starch, potatoes)
Main 2	NESSIE 2	Beef with "znojemska" sauce with gherkin and jasmine rice	(beef meat, onion, <b>flour</b> , bacon, <b>mustard</b> , gherkin, rice)
MENU VEG.	VEG NESSIE VEG	Cantonese rice with vegetables	(rice, <b>egg</b> , leek, peppers, spring onion, zucchini, carrot, <b>soya sauce</b> )
MENU DIET*		Baked pork cutlet with crushed potatoes and pea	(pork meat, onion, herbs, potatoes, LF milk, green pea)
PM Snack	VEG	Homemade apple strudel	( <b>puff pastry</b> , apples, sugar, <b>breadcrumbs</b> , raisins, vanilla sugar, cinnamon)
Salad	VEG	Nicoise	(potatoes, beans pods, olives, tomatoes, parsley)
Sandwich		Baguette with ham, cheese and egg	( <b>baguette</b> , pork ham, <b>cheese, eggs</b> , tomato, <b>soft cheese</b> )

## Tuesday

Soup		Chicken consommé with vegetable	(carrot, parsley, <b>celery</b> , onion, <b>eggs</b> , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Beef goulash with bread dumplings	(beef meat, <b>flour</b> , onion, ground paprika, garlic, marjoram, <b>egg, milk</b> , yeast, <b>bread</b> )
Main 2	NESSIE 2	Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
MENU VEG.	VEG NESSIE VEG	Pumpkin frittata with spinach	(pumpkin, garlic, <b>balcan cheese, egg, cream, milk</b> )
MENU DIET*		Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
PM Snack	VEG	Roll with cottage cheese and chive spread	( <b>roll, cottage cheese</b> , chives, <b>spread butter</b> )
Salad		Chef's salad	(lettuce, tomato, cucumber, ham, <b>egg, cheese, bread, yoghurt</b> , tomato purée, <b>mayonnaise</b> )
Sandwich	VEG	Baguette with basil pesto, tomatoes and mozzarella	( <b>baguette, mozzarella</b> , tomatoes, basil, <b>parmesan cheese</b> , garlic)

## Wednesday

Soup	VEG	Oyster mushrooms soup	(onion, oyster mushroom, garlic, ground paprika, marjoram)
Main 1	NESSIE 1 ÚVOZ	Baked pork with creamy red paprika sauce and pasta	(pork meat, onion, <b>butter</b> , ground paprika, <b>flour, cream</b> , herbs, <b>pasta, egg</b> )
Main 2	NESSIE 2	Chicken leg with vegetables and mashed potatoes	(chicken meat, carrot, cabbage, onion, zucchini, peppers, corn, potatoes, <b>milk, butter</b> )
MENU VEG.	VEG NESSIE VEG	Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, <b>vindaloo</b> , tomato, coriander, rice)
MENU DIET*		Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, vindaloo, tomato, coriander, rice)
PM Snack		Wholegrain breadroll with chicken ham and lettuce	(wholegrain <b>breadroll</b> , <b>butter</b> , chicken ham, lettuce)
Salad	VEG	Mexican street corn salad "Esquites"	(corn, spring onion, pepper, <b>mayonnaise</b> , coriander, lime, garlic)
Sandwich		Baguette with roastbeef	( <b>baguette</b> , dried tomatoes, onion, <b>butter, mustard</b> , roastbeef, amazon spice, horseradish)

## Thursday

Soup	VEG	Zucchini soup	(onion, zucchini, potatoes, <b>cream</b> , basil, garlic)
Main 1	NESSIE 1	Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, <b>flour, eggs, milk, breadcrumbs, butter</b> , cranberries, onion, carrot, <b>celery</b> )
Main 2	ÚVOZ	Wok fried turmeric chicken with rice	(chicken meat, <b>cream</b> , lemongrass, garlic, <b>fish sauce, oyster sauce</b> , turmeric, <b>sesame oil, rice</b> )
MENU VEG.	VEG NESSIE VEG	Gnocchi with "4 formaggi" cheese sauce	( <b>gnocchi, cream, parmesan, edam, gouda, blue cheese</b> )
MENU DIET*		Baked cod fish with herbs, baked potatoes and baby carrot	(cod, herbs, oil, herbs, potatoes, baby carrot)
PM Snack	VEG	Savory filled pastry "burek" with apples and cinnamon	( <b>filo pastry</b> , apples, cinnamon)
Salad	VEG	Quinoa salad with vegetable and sesame seeds	(quinoa, <b>sesame seeds</b> , carrot, cucumber, green beans, spring onion, coriander, orange, rice vinegar, <b>soy sauce</b> )
Sandwich		Wrap with with smoked salmon	( <b>tortilla, smoked salmon, cream cheese</b> , rucola, lettuce, lemon, dill)

## Friday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, <b>flour, sausage, cream</b> , bayleaves, ground paprika, potatoes)
Main 1	NESSIE 1 ÚVOZ	Turkey tikka masala with rice	(turkey meat, onion, garlic, <b>yogurt</b> , vindaloo, pepper, tomatoes, <b>cream</b> , garlic, rice)
Main 2	NESSIE 2	Fried beef and pork patties with mashed potatoes and gherkin	(pork meat, beef meat, garlic, onion, marjoram, <b>breadcrumbs, eggs, flour</b> , potatoes, <b>milk, butter</b> , gherkin)
Main 3	VEG NESSIE VEG	Pasta with tomato sauce and roasted zucchini	( <b>pasta</b> , onion, garlic, peeled tomatoes, zucchini, <b>cheese</b> )
MENU DIET*		GF pasta with tomato sauce and roasted zucchini	(GF pasta, onion, garlic, peeled tomatoes, zucchini)
PM Snack	VEG	Semolina porridge with chocolate topping	( <b>semolina, milk</b> , vanilla sugar, sugar, <b>butter, chocolate</b> , cocoa)
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	( <b>sandwich bread, eggs, mayonnaise</b> , chives)

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



## Monday

Soup	VEG	Indian tomato and red lentil soup	(red lentils, cream, tandoori masala, coriander, vindaloo)
Main 1	NESSIE 1 ÚVOZ	Chicken strips with cheese sauce and pasta	(chicken meat, cream, parmesan, edam, gouda, blue cheese, butter, potatoes, corn)
Main 2	NESSIE 2	Rabbit ragout with leek and rice	(rabbit, onion, leek, flour, butter, thyme, rice)
MENU VEG.	VEG NESSIE 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, baked potatoes)
PM Snack	VEG	Donut with strawberry filling	(flour, milk, oil, yeast, cottage, strawberries, sugar)
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	VEG	Cream of broccoli	(broccoli, butter, cream, flour, onion)
Main 1	NESSIE 1	Risotto Bolognese	(rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2	NESSIE 2 ÚVOZ	Roast pork with vegetable creamy sauce "hamburska" with bread dumplings	(pork meat, ham, cream, parsley, oil, gherkin, carrot, flour, butter, thyme, allspice, bay leaf, mustard, sugar, lemon juice, onion, celery, bread, yeast, egg, milk)
MENU VEG.	VEG NESSIE VEG	Peperonata with basil cous cous	(basil, onion, garlic, pepper, tomatoes, cous cous)
MENU DIET*		Risotto Bolognese	(rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Homemade peach yoghurt	(yoghurt, honey, peach)
Salad		Beans salad with tuna and egg	(bean pods, white beans, red beans, tuna, egg, rucola, cherry tomatoes, red onion, herbs, olive oil, vinegar, sugar)
Sandwich	VEG	Baguette with cheese and salad	(baguette, mozzarella, gouda, camembert, spread butter, rucola)

## Wednesday

Soup		Creamy chicken soup with vegetable	(chicken meat, celery, carrot, parsley, butter, flour, cream, milk)
Main 1	NESSIE 1 ÚVOZ	Turkey nuggets with mashed potatoes and corn	(turkey breast, flour, eggs, milk, breadcrumbs, butter, potatoes, corn)
Main 2		Chicken Biryani with raita sauce	(chicken meat, yoghurt, ginger, garlic, vindaloo, butter, garam masala, tomato purée, saffron, bay leaves, coriander, mint, spring onion, fried onion, rice)
MENU VEG.	VEG NESSIE 2	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)
PM Snack		Pizza baguette with ham and cheese	(baguette, ham, gouda cheese, corn)
Salad	VEG	Rice salad with grilled vegetables	(kamut wheat, zucchini, aubergine, peppers, red onion)
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	NESSIE 1 ÚVOZ	Beef with tomato sauce and pasta	(beef meat, tomatoes, celery, bay leaves, sugar, flour, cinnamon, oil, pasta)
Main 2		Smoked pork with gravy and mashed potatoes	(smoked pork, onion, flour, potatoes, milk, butter)
MENU VEG.	VEG NESSIE 2	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)
PM Snack	VEG	Cheesy croissant	(flour, egg, baking powder, yeast, cheese)
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		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	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	(pasta, salmon, tomatoes, onion, garlic, basil)
Main 3	VEG NESSIE 2	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)
PM Snack	VEG	Gingerbread	(flour, oil, egg, baking powder, cocoa, sugar, milk, cinnamon, chocolate)
Salad	VEG	Tomato salad with egg	(tomatoes, egg, white yoghurt, spring onion, dill, vinegar, salt)
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)



## Monday

Soup	VEG	Potato cream with basil	(butter, onion, potatoes, garlic, oil, cream, basil)
Main 1	NESSIE 1 ÚVOZ	Pasta with creamy pumpkin sauce and turkey meat	(turkey meat, pasta, cream, pumpkin, butter, oil, thyme)
Main 2	NESSIE 2	Meatloaf with mashed potatoes and gherkin	(pork meat, beef meat, onion, garlic, marjoram, eggs, breadcrumbs, flour, potatoes, milk, butter)
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 pumpkin muffin	(egg, flour, pumpkin, 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	VEG	Creamy savoy cabbage soup with potatoes	(savoy cabbage, onion, potatoes, milk, cream, ground paprika, vinegar)
Main 1	NESSIE 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	ÚVOZ	Chinese noodles with chicken meat and vegetables	(noodles, chicken meat, cabbage, soya sprouts, egg, pak choi, spring onion, egg, portobello, carrot, coriander, onion, soya sauce, pepper)
MENU VEG.	VEG NESSIE 2	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)
PM Snack	VEG	Pretzel	(flour, water, yeast, dried milk, egg, butter, salt)
Salad	VEG	Chinese cabbage salad with tofu	(chinese cabbage, 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	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	Strawberry purée	(strawberries, apples, sugar, lemon juice)
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	VEG	Turkey consommé with vegetable and noodles	(turkey meat, onion, celery, carrot, parsley, noodles)
Main 1	NESSIE 1 ÚVOZ	Chicken with vegetables in hoisin sauce and rice	(chicken, rice, bean pods, pepper, bamboo sprouts, hoisin sauce, oil, starch, corn, soya sauce, coriander)
Main 2		Beef Taco Rissoto	(beef meat, tomatoes, rice, beans, onion, corn, pepper, oil, tomato purée, garlic, coriander, cumin)
MENU VEG.	VEG NESSIE 2	Indian butter curry with soya and rice	(soya meat, yoghurt, ginger, garlic, butter, garam masala, tomatoes, curry, rice)
MENU DIET*		Beef Taco Rissoto	(beef meat, tomatoes, rice, beans, onion, corn, pepper, oil, tomato purée, garlic, coriander, cumin)
PM Snack		Breadroll with tuna spread	(breadroll, tuna, spread butter, salt, lemon)
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	NESSIE 1	Turkey strips with roasted peppers and rice	(turkey meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce, rice)
Main 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 2	Creamy pasta bake with mushrooms	(pasta, mushrooms, egg, cream, milk, onion, spring onion, herbs)
MENU DIET*		Turkey strips with roasted peppers and rice	(turkey 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)

