

Monday

Soup	VEG	Bohemian creamy mushroom soup "plain Ančka"	(flour, egg, butter , onion, mushroom, cream , vinegar, potatoes, oil)
Main 1	NESSIE 1 ÚVOZ	Turkey with creamy paprika sauce and pasta	(turkey meat, onion, butter , ground paprika, flour, cream, pasta)
Main 2	NESSIE 2	Pork meat with carrots and mashed potatoes	(pork meat, onion, carrot, flour, butter, milk, potatoes, cumin)
MENU VEG.	VEG NESSIE VEG	Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes)
ALLERGY FREE*		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	Salad with radish and edamame soybeans	(radish, vinegar, sugar, peas, soybeans edamame , cucumber, mint, olive oil, lemon)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich bread , beetroot, dill, cottage cheese, spread butter , rucola)

Tuesday

Soup	VEG	Red lentil and pumpkin cream	(red lentil, pumpkin, onion, butter, cream, vegetable consommé)
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, olive 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)
ALLERGY FREE*		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olive oil)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Yoghurt with baked apple and cinnamon	(yoghurt, apple, cinnamon, honey, sugar)
Salad	VEG	Cous cous with lentil and cauliflower	(cous cous , cauliflower, carrot, spring onion, coriander)
Sandwich		Baguette with tuna, egg and lettuce	(baguette, butter, tuna, egg, lettuce, spring onion)

Wednesday

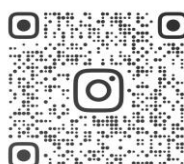
Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour, caraway seed, ground paprika)
Main 1		Pasta with creamy zucchini and basil sauce	(pasta , zucchini, cream , garlic, basil, parmesan cheese)
Main 2	NESSIE 1 ÚVOZ	Meatloaf with mashed potatoes and steamed vegetable	(pork meat, beef meat, onion, garlic, marjoram, eggs, breadcrumbs, flour , potatoes, milk, butter , vegetable)
MENU VEG.	VEG NESSIE 2	Pasta with creamy zucchini and basil sauce	(pasta , zucchini, cream , garlic, basil, parmesan cheese)
ALLERGY FREE*		Baked salmon with herbs, baked potatoes and bean pods	(salmon, herbs, potatoes, bean pods, olive oil, garlic)
PM Snack	VEG	Breadroll with red pepper cottage spread and lettuce	(breadroll , ground paprika, pepper, cottage, onion, parsley, lettuce)
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, celery, carrot, parsley, noodles)
Main 1	NESSIE 1	Pork schnitzel with mashed potatoes and gherkin	(pork meat, flour, milk, egg, butter, breadcrumbs , potatoes, gherkin)
Main 2	ÚVOZ	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 NESSIE 2	Soya segedin goulash with bread dumplings	(soya, cabbage, onion, flour, cream, caraway seeds , yeast, eggs, bread , milk)
ALLERGY FREE*		GF pasta with tomato sauce, tuna and basil	(GF pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
PM Snack	VEG	Wholegrain breadroll with avocado spread and egg	(wholegrain breadroll , avocado, egg, spread butter, yoghurt)
Salad		Caesar salad with smoked salmon	(romaine lettuce, smoked salmon, spice gyros, eggs, croutons, parmesan 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	ÚVOZ	Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
Main 2	NESSIE 1	Chicken patties with cheddar cheese, mashed potatoes and baby carrot	(chicken meat, cheddar cheese, butter , potatoes, cream, milk , baby carrot)
MENU AF.	VEG NESSIE 2	Creamy pasta bake with mushrooms	(pasta , mushrooms , egg, cream, milk, onion, spring onion, herbs)
ALLERGY FREE*		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)



Monday

Soup	VEG	Pumpkin and tomato soup	(pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1	NESSIE 1 ÚVOZ	Baked turkey breast with gravy, mashed potatoes and corn	(turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter)
Main 2	NESSIE 2	Beef bourgignon with potato gnocchi	(beef meat, bay leaf, celery , thyme, onion, all spice, flour, milk, butter , carrot, tomato, mushrooms, gnocchi)
MENU VEG.	VEG NESSIE VEG	Caponata with cous cous	(herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous)
ALLERGY FREE*		Caponata with rice	(herbs, carrot, oil sugar, tomato, capers, celery , basil, rice)
PM Snack	VEG	Czech donut with plum jam and sweet cottage (Vdolek)	(flour, milk , oil, yeast, cottage , plum, sugar)
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	NESSIE 1 ÚVOZ	Beef meat with garlic sauce, potato dumplings and spinach	(beef meat, onion, garlic, flour , oil, pepper, salt, potatoes, milk, egg , spinach)
Main 2		Creamy potato bake with chicken meat, broccoli and corn	(potatoes, chicken meat, broccoli, corn, cream, parmesan cheese , 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)
ALLERGY FREE*		GF pasta with red pepper sauce	(GF pasta, onion, red peppers, peeled tomatoes, basil)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Blueberry yoghurt	(yoghurt , honey, blueberries)
Salad		Caesar salad with eggs, croutons and parmesan cheese	(romaine lettuce, spice, egg, bread croutons, parmesan cheese, mayonnaise, anchovies, mustard)
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	NESSIE 1	Fish fingers with mashed potatoes and steamed pea	(white fish, eggs, flour, milk, breadcrumbs , potatoes, pea)
Main 2	ÚVOZ	Chicken murgh makhani with rice	(chicken meat, yoghurt , onion, tomatoes, garlic, butter , cream , cinnamon, garam masala, rice)
MENU VEG.	VEG NESSIE 2	Cauliflower masala with coriander cous cous and red lentil	(cauliflower, spice, herbs, cous cous , red lentil)
ALLERGY FREE*		Baked white fish with chickpea, zucchini and dried tomatoes	(white fish , herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)
PM Snack	VEG	Roll with cottage cheese and chive spread	(roll, cottage cheese, chives, spread butter)
Salad	VEG	Beluga lentil with tofu and vegetable	(buluga lentil, red lentil, onion, pepper, gherkin, herbs, tofu , dried tomatoes, capers)
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	NESSIE 1 ÚVOZ	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream, flour, bread , yeast, milk, egg)
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 NESSIE 2	Chinese noodles with vegetables	(noodles, egg , leek, cabbage, mushrooms, red onion, soya sprouts , bamboo sprouts, spring onion, soya sauce, oyster sauce, hoisin sauce, sesame oil , oil, garlic)
ALLERGY FREE*		Beef in aubergine sauce with rice	(beef meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
PM Snack		Butter croissant with ham and cheese	(croissant , ham, cheese)
Salad		Vegetable salad with tuna and mango dip	(iceberg lettuce, lolo roso 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 soup with eggs and potatoes	(onion, cauliflower, cream, flour, eggs , potatoes)
Main 1		Chicken Rissoto with tomatoes	(rice, celery , chicken meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2	NESSIE 1 ÚVOZ	Turkey paprikash with pasta	(turkey meat, peppers, onion, ground paprika, flour , garlic, marjoram, pasta)
MENU VEG.	VEG NESSIE 2	Coconut curry with vegetable and rice	(pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream, rice)
ALLERGY FREE*		Chicken Rissoto with tomatoes	(rice, celery , chicken meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Our chocolate cookies	(chocolate, flour, butter , sugar, egg , vanilla sugar)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	(baguette , chicken meat, gyros spice, cucumber, mayonnaise)



Monday

Soup	VEG	Zucchini cream	(zucchini, butter , garlic, onion, potatoes, cream)
Main 1	NESSIE 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	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, coconut milk , chickpea, potato starch, rice)
Main 3	VEG NESSIE VEG	Ratatouille with bulgur	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur)
ALLERGY FREE*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
PM Snack	VEG	Homemade oat cookies with cranberries	(oat flakes , flour, butter , sugar, egg, vanilla sugar, cinnamon, raisins)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich		Baguette with sweet chilli chicken	(baguette , chicken breast, romain lettuce, sweet chilli sauce, mayonnaise)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1	NESSIE 1 ÚVOZ	Gnocchi with chicken in creamy broccoli sauce	(gnocchi , cream, chicken meat, broccoli, butter , garlic, parmesan cheese)
Main 2		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna , herbs, butter , milk, potatoes, savoy cabbage, corn)
Main 3	VEG NESSIE 2	Baked pumpkin with spiced red lentil and balkan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balkan cheese , parsley)
ALLERGY FREE*		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna , herbs, LF milk, potatoes, savoy cabbage, corn)
PM Snack	VEG	White or fruit yoghurt PARKLANE/ Homemade cocoa cottage cheese "příbiňák"	(cottage cheese , cream, sugar, cocoa, vanilla)
Salad		Caesar salad with grilled chicken	(romaine lettuce, chicken, spice gyros, eggs , croutons, parmesan cheese , mayonnaise , anchovies , mustard)
Sandwich	VEG	Sandwich with camembert cheese and cranberry tapenade	(sandwich bread , cheese , cranberries, balsamico, rucola)

Wednesday

Soup		Beef consommé with noodles	(celery , carrot, onion, parsley, noodles , beef meat)
Main 1	NESSIE 1 ÚVOZ	Chicken in creamy paprika sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2	NESSIE 2	Creamy potato bake with smoked pork meat	(potatoes, smoked pork meat, bacon, onion, pea, cream , egg)
Main 3	VEG NESSIE VEG	Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
ALLERGY FREE*		Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack		Wholegrain toast with tuna spread	(sandwich bread , spread butter , tuna)
Salad	VEG	Salad with melon, cucumber and balkan cheese	(melon, cucumber, black olives, red onion, balkan cheese , mint, honey, olive oil, lemon juice)
Sandwich		Sandwich with horseradish mayonnaise and bacon	(sandwich bread , horseradish, mayonnaise , bacon, tomatoes, egg, loló biondo lettuce)

Thursday

Soup		Frankfurter soup	(onion, sausage , milk, ground paprika, flour)
Main 1	ÚVOZ	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	NESSIE 1	Holland schnitzel with mashed potatoes and gherkin	(pork meat, flour , egg, breadcrumbs , potatoes, milk , butter , gherkin)
Main 3	VEG NESSIE VEG	Fruit dumplings with cottage cheese and butter	(flour , eggs, yeast, yoghurt , fruit, cottage cheese , butter , sugar)
ALLERGY FREE*		GF Pasta Amatriciana	(GF pasta, crushed tomatoes, smoked pork meat, onion, basil)
PM Snack		Tortilla with ham and cheese	(tortilla , ham, cheese , salad, spread butter)
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, mozzarella)
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	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
Main 2	NESSIE 1 ÚVOZ	Chicken stroganoff with rice	(chicken meat, cream , 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, tofu , chinese noodles , coriander, zucchini, onion, garlic, carrot, ginger)
ALLERGY FREE*		Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
PM Snack	VEG	Carrot cake	(carrot, butter , egg, milk, sugar, vanilla sugar)
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)



Monday

Soup	VEG	Carrot and sweet potatoes cream	(carrot, sweet potatoes, onion, butter, cream)
Main 1	NESSIE 1	Turkey goulash with pasta	(chicken breast, flour, cream, ground paprika, onion, pasta)
Main 2	NESSIE 2 ÚVOZ	Thai beef meat wih broccoli and rice	(beef meat, broccoli, garlic, soya sauce, fish sauce, potato starch, ginger, rice)
MENU VEG.	VEG NESSIE VEG	Aubergine-tomato masala with coriander cous cous	(onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, cous cous)
ALLERGY FREE*		Turkey goulash with GF pasta	(chicken breast, rice flour, ground paprika, onion, GF pasta)
PM Snack	VEG	Butter choco roll	(flour, milk, yeast, egg, chocolate, baking powder)
Salad	VEG	Salad with baked pumpkin and mozzarella	(pumpkin, carrot, buckwheat, raddicchio lettuce, mozzarella, olive oil, balsamico, honey)
Sandwich		Baguette with ham, cheese and egg	(baguette, pork ham, cheese, eggs, tomatoes, soft cheese)

Tuesday

Soup		Chicken consommé with pasta	(celery, carrot, onion, parsley, pasta, chicken meat)
Main 1	NESSIE 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	NESSIE 2 ÚVOZ	Roast pork with bread dumplings and cabbage	(pork meat, onion, flour, garlic, cumin, eggs, cabbage, sugar, bread, yeast, milk)
MENU VEG.	VEG NESSIE VEG	Vegetable casseroil with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
ALLERGY FREE*		Vegetable casseroil with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Cottage cheese "přibináček"	(cottage cheese, cream, sugar, vanilla)
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		Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, cream, pita bread)
Main 2	NESSIE 1 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)
ALLERGY FREE*		Chicken gyros with rice pilaf	(chicken meat, gyros spice, rice, carrot, chickpea, spring onion, coriander)
PM Snack	VEG	Breadroll with egg spread	("kaiserka" breadroll, egg, mayonnaise, parsley)
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)

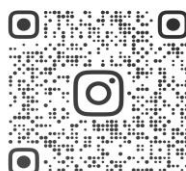
Thursday

Soup	VEG	Spinach soup	(spinach, potatoes, onion, cream, garlic)
Main 1	NESSIE 1 ÚVOZ	Turkey with creamy vegetable "svíčková" sauce and bread dumplings	(turkey meat, thyme, bay leaf, carrot, celery, flour, butter, all spice, oil, mustard, lemon, cream, bread, yeast, milk, egg)
Main 2		White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber	(white fish, dried tomatoes, basil, potatoes, milk, butter, cucumber, dill)
MENU VEG.	VEG NESSIE 2	Spinach frittata with salad	(potatoes, spinach, cream, egg, onion, cheddar cheese)
ALLERGY FREE*		Pork risotto and gherkins	(pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin)
PM Snack	VEG	Wholegrain kaiserka with cheese and cucumber	(breadroll "kaiserka", butter, cheese, cucumber)
Salad	VEG	Tomato salad with peppers and avocado	(tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin)
Sandwich		Reuben sandwich	(sandwich bread, roastbeef, mayonnaise, mustard, gherkins, cabbage, 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	Pork patties with cabbage, crushed potatoes and baby carrots	(pork meat, cabbage, onion, garlic, marjoram, egg, breadcrumb, flour, potatoes, milk, butter, vegetable)
MENU VEG.	VEG NESSIE VEG	Palak paneer with rice	(paneer cheese, onion, spinach, garlic, cream, spice, herbs, rice)
ALLERGY FREE*		GF Spaghetti Bolognese	(GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery, bayleaves, tomato purée)
PM Snack	VEG	Cocoa cake with cottage cheese	(flour, egg, milk, cottage, sugar, cocoa, starch)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, cream fresh, capers, dill, smoked salmon)
Sandwich	VEG	Sandwich with baby spinach, cheddar cheese and egg	(sandwich bread, cheddar cheese, egg, butter)

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



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Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream, tarhoňa pasta, garlic, onion, carrot, celery, peeled tomatoes, basil)
Main 1	NESSIE 1 ÚVOZ	Hoisin beef with vegetable and chinese noodles	(beef meat, hoisin sauce, soybeans, yellow radish, onion, soya sprouts, potato starch, coriander, noodles)
Main 2	NESSIE 2	Baked turkey breast with herbs, mashed potatoes and baby carrot	(turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter, baby carrot)
Main 3	VEG NESSIE VEG	Bulgureto with vegetable and cheese	(bulgur, carrot, celery, pea, corn, chickpea, cheese, crushed tomatoes)
ALLERGY FREE*		Baked turkey breast with herbs and rice	(turkey meat, thyme, onion, rice flour, herbs, rice)
PM Snack	VEG	Cottage cheese cake with raisins	(flour, egg, butter, milk, cottage cheese, baking powder, sugar, oil, raisins)
Salad	VEG	Cous cous salad with fresh vegetables	(cous cous, red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Club sandwich	(sandwich bread, iceberg lettuce, tomato, bacon, chicken meat, egg, mayonnaise)

Tuesday

Soup		Turkey consommé with noodles	(turkey, carrot, celery, onion, parsley, noodles)
Main 1	NESSIE 1	Gnocchi with turkey meat in creamy spinach sauce	(gnocchi, turkey meat, spinach, garlic, onion, cream, parmesan cheese)
Main 2	ÚVOZ	Baked beef with gravy sauce and rice	(beef meat, onion, butter, flour, herbs, rice)
Main 3	VEG NESSIE 2	Greek zucchini cake with feta cheese and salad	(zucchini, onion, dill, cheese, butter, oil, egg, salad)
ALLERGY FREE*		Roast chicken strips with vegetable and corn nachos	(chicken meat, beans, peeled tomatoes, peppers, corn, corn nachos)
PM Snack	VEG	White or fruit yoghurt PARK LANE / White yoghurt with honey	(yoghurt, honey)
Salad	VEG	Kale salad with spinach and broccoli	(kale, baby spinach, red chard, broccoli, cherry tomatoes, corn, mustard, honey)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread, smoked salmon, chives, butter spread)

Wednesday

Soup	VEG	Minestrone soup	(celery, onion, zucchini, carrot, tomato, olive oil)
Main 1	NESSIE 1	Pork goulash with bread dumplings	(pork meat, flour, onion, ground paprika, garlic, marjoram, egg, milk, yeast, bread)
Main 2	ÚVOZ	BBQ chicken leg with baked potatoes and salad	(chicken meat, spice, BBQ sauce, lettuce, potatoes, oil)
Main 3	VEG NESSIE 2	Sweet buns with vanilla sauce	(flour, yeast, eggs, vanilla pudding, milk)
ALLERGY FREE*		Tuna rissoto	(tuna, rice, pea, corn, carrot, turmeric, spring onion, herbs)
PM Snack		Breadroll with ham and cucumber	(breadroll, ham, cucumber, spread butter)
Salad	VEG	Pasta salad with fresh vegetable, pesto and olives	(pasta, tomato, cucumber, pepper, dried tomatoes, basil, olive oil, garlic, olives)
Sandwich		Reuben sandwich with shredded pork	(sandwich bread, pork meat, mayonnaise, mustard, gherking, cabbage, cheddar cheese)

Thursday

Soup	VEG	Czech potato soup	(potatoes, celery, onion, garlic, cumin, marjoram, flour, carrot, mushrooms)
Main 1	NESSIE 1	Pasta with tomato-basil sauce	(pasta, cheese, oil, tomatoes, onion, garlic, basil)
Main 2	NESSIE 2 ÚVOZ	Beef with creamy dill sauce and bread dumplings	(beef meat, cream, dill, egg, flour, bread, yeast, milk)
Main 3	VEG NESSIE VEG	Broccoli patties with mashed potatoes and steamed corn	(broccoli, egg, breadcrumbs, herbs, cheddar cheese, corn, butter, potatoes, milk)
ALLERGY FREE*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
PM Snack		Pizza "snail"	(puff pastry, ham, cheese, tomatoes)
Salad		Poke salad with smoked salmon and yellow radish	(sushi rice, smoked salmon, yellow radish, pea, red cabbage, lime, coriander, sprouts, lamb's lettuce)
Sandwich		Caesar wrap	(tortilla, romaine lettuce, spice gyros, chicken meat, eggs, parmesan cheese, mayonnaise, anchovies, mustard)

Friday

Soup	VEG	Lentil soup	(lentils, flour, onion, garlic, vinegar, marjoram)
Main 1	ÚVOZ	Jamie Oliver's turkey curry with rice	(turkey, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Main 2	NESSIE 1	Minced pork schnitzel with mashed potatoes and gherkin	(pork meat, flour, egg, breadcrumbs, potatoes, milk, butter, gherkin)
Main 3	VEG NESSIE 2	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella, pita bread)
ALLERGY FREE*		Jamie Oliver's turkey curry with rice	(turkey, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack	VEG	Raffaello cake (coconut cake)	(flour, egg, milk, cream, coconut, sugar, butter, baking powder)
Salad	VEG	Mix of leaves salad with radish, watercress and egg	(mix of leaves salad, radish, watercress, egg, carrot, sprouts)
Sandwich		Sandwich with roastbeef and smoked cheese	(sandwich bread, roastbeef, mayonnaise, mustard, gherkin, cheese, rucola)

