

Monday

Soup	VEG	Vegetable cream	(carrot, parsley, celery , leek, potatoes, butter, cream , spice)
Main 1		Chicken thigh slice adobo with rice pilaf	(chicken drumstick, rice vinegar, vinegar, soy sauce , sugar, garlic, bay leave, rice, carrot, onion, chickpea, oil)
Main 2	VEG	Wholegrain pasta with tomato-basil sauce and ricotta	(wholegrain pasta, ricotta cheese , oil, tomatoes, onion, garlic, basil)
Main 3	VEG	Fruit dumplings with honey yoghurt	(flour, eggs, yeast, yoghurt , fruit, cottage cheese, butter , honey)
MENU DIET*		GF pasta with tomato-basil sauce	(pasta , oil, tomatoes, onion, garlic, basil)
Salad	VEG	Tomato salad pico de gallo with tofu	(tomatoes, spring onion, salt, coriander, onion, lime, tofu)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread, smoked salmon , chives, spread butter)

Tuesday

Soup	VEG	Zucchini soup	(zucchini, potatoes, onion, cream , basil, garlic)
Main 1		Chicken in creamy paprika sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2		Baked salmon with herbs, baked potatoes and bean pods	(salmon , herbs, potatoes, bean pods, olive oil, garlic)
Main 3	VEG	Ratatouille and herbs bulgur with red lentil	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur , red lentil)
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves salad, beetroot, corn, grenaille potatoes, tuna , dill dressing, lemon)
Sandwich		Sandwich with chicken and tomato pesto	(sandwich bread , chicken meat, dried tomato, kapary, basil, olive oil, lettuce)

Wednesday

Soup		Chicken consommé with pasta	(celery , carrot, onion, parsley, pasta , chicken meat)
Main 1		Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, flour, eggs, milk, breadcrumbs , potatoes, butter , cranberries)
Main 2		Beef burrito with corn salad "Esquites"	(beef meat, beans, onion, tomato, garlic, coriander, tortilla , corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
Main 3	VEG	Pizza Margherita	(flour, milk , oil, yeast , crushed tomatoes, mozzarella , oregano, garlic, sugar)
MENU DIET*		Chicken risotto with gherkin	(rice, chicken meat, onion, pea, corn, carrot, oil, tomato purée, parsley, gherkin)
Salad	VEG	Lentil-bulgur bowl with egg and cauliflower	(lentil, bulgur , mix of leaves salad, egg , pickled cauliflower)
Sandwich		Baguette with parma ham, mozzarella and tomato	(baguette, mozzarella , tomato, baby spinach, mustard , honey, olive oil, lemon, ham)

Thursday

Soup	VEG	Tomato soup with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, celery)
Main 1		Indian turkey butter sauce curry with rice	(turkey breast, yoghurt , ginger, garlic, vindaloo, butter , garam masala, tomato purée, saffron, bay leaves, rice)
Main 2		Grilled pork cutlet with carrot purée and corn	(pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn)
Main 3	VEG	Lasagne Pomodoro with legume salad	(pasta , tomatoes, onion, oil, garlic, basil, herbs, cheddar cheese , butter, milk, flour, legume)
MENU DIET*		Grilled pork cutlet with carrot purée and corn	(pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn)
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, mozzarella)
Sandwich		Sandwich with tzatziky spread and chicken meat	(sandwich bread, spread butter , dill, garlic, cucumber, chicken meat, gyros spice)

Friday

Soup		Goulash soup	(beef meat, garlic, marjoram, flour , cumin, ground pepper)
Main 1		Chicken patties with mashed potatoes and baby carrot	(chicken meat, butter , potatoes, cream, milk , baby carrot)
Main 2		Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream, flour, bread, yeast, milk, egg)
Main 3	VEG	Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, chickpea)
MENU DIET*		Chicken patties with baked potatoes and baby carrot	(chicken meat, oil, potatoes, baby carrot)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich		Baguette with basil pesto, mozzarella and tomato	(baguette , basil pesto, mozzarella , tomato, rucola)

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