

Monday

Soup	VEG	Cream of pea	(pea, flour , onion, oil, cream , butter)
Main 1		Pork tenderloin strips in creamy bacon sauce and mashed potatoes	(pork tenderloin, bacon, cream , milk , butter , potato starch, potatoes)
Main 2		Smoked pork meat with creamy horseradish sauce and bread dumplings	(smoked pork meat, horseradish, flour , butter , milk , cream , vinegar, sugar, bread , egg , yeast)
MENU VEG.	VEG	Fried cauliflower with boiled potatoes and cucumber salad	(cauliflower, flour , egg , breadcrumbs , potatoes, oil, butter , cucumber, vinegar, sugar)
MENU DIET*		Gratinated cauliflower with boiled potatoes and cucumber salad	(cauliflower, herbs, potatoes, cucumber, vinegar)
Salad		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		Beetroot Soup (Borscht)	(potatoes, celery , onion, lemon, beef meat, bay leaf, flour , oil, beetroot, cabbage)
Main 1		Beef in garlic sauce with spinach and potato dumplings	(beef meat, onion, garlic, cream , spinach, egg , flour , butter , oil, potatoes, milk)
Main 2		Baked salmon with herbs and mashed potatoes with baby carrots	(salmon , herbs, olive oil, potatoes, milk , butter , baby carrot)
MENU VEG.	VEG	Basil and rucola pancake filled with spinach and cheese with salad	(milk , flour , basil, rucola, egg , onion, breadcrumbs , spinach, balcan cheese , garlic, oil, mix of leaf salad)
MENU DIET*		Baked salmon with herbs and mashed potatoes with baby carrots	(salmon , herbs, olive oil, potatoes, LF milk, baby carrot)
Salad		Beans salad with tuna and egg	(bean pods, white beans, red beans, tuna , egg , rucola, cherry tomatoes, red onion, herbs, olive oil, vinegar, suaar)
Sandwich	VEG	Baguette with cheese and salad	(baguette , mozzarella , gouda , camembert , spread butter , rucola)

Wednesday

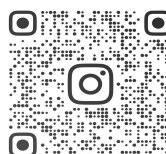
Soup	VEG	Cabbage soup with sausage	(cabbage, bay leaf, cream , garlic, sugar, potatoes, onion, flour , oil, ground paprika, sausage)
Main 1		Chicken stroganoff with rice	(chicken meat, onion, pepper, mushrooms, tomato purée, potato starch, gherkin, oil, cream , butter , rice)
Main 2		Baked pasta with smoked pork meat and cream with gherkin	(pasta , smoked, pork, bacon, onion, milk , cream , egg , gherkin)
MENU VEG.	VEG	Sweet buns with vanilla sauce	(flour , yeast, milk , egg , vanilla puding, sugar)
MENU DIET*		Smoked pork meat with gravy sauce and mashed potatoes	(cauliflower, potatoes, cucumber, vinegar)
Salad		Kamut 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		Bear garlic cream	(bear garlic, garlic, onion, butter , milk , cream , oil, flour)
Main 1		Spaghetti Bolognese	(pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery, bayleaves, tomato purée, parmesan cheese)
Main 2		Creamy potato bake with chicken meat, broccoli and corn	(potatoes, garlic, chicken meat, broccoli, corn, cream, cheese, nutmeg)
MENU VEG.	VEG	Falafel with baked potatoes and tzatziki dip	(česnek, strouhanka , potato starch , lemon juice, parsley, tahini pasta , sesame oil , chickpea, olive oil, cucumber, white yoghurt , dill, coriander, egg , potatoes)
MENU DIET*		GF Spaghetti Bolognese	(GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery, bayleaves, tomato purée)
Salad	VEG	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	VEG	Garlic soup with bacon, egg and potatoes	(garlic, bacon, egg , marjoram, potatoes, onion)
Main 1		Andalusian beef with rice	(beef meat, egg , sausage , mustard , oil, flour , rice)
Main 2		Turkey meat with mashed potatoes and butter corn	(turkey meat, olive oil, butter , corn, potatoes, milk)
Main 3	VEG	Vegetable risotto with cheese and gherkin	(rice, aubergine, tomatoes, onion, garlic, carrot, olive oil, zucchini, leek, pepper, cheese , gherkin)
MENU DIET*		Vegetable risotto with gherkin	(rice, aubergine, tomatoes, onion, garlic, carrot, olive oil, zucchini, leek, pepper, gherkin)
Salad		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)



fresh & tasty
by Záhřř Group

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

Monday

Soup	VEG	Carrot and sweet potatoes cream	(carrot, sweet potatoes, onion, butter, cream)
Main 1		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	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)
Salad		Mix of leaf salads with dried ham, mozzarella and balsamico	(lettuce, radicchio, red chard, rucola, cherry tomatoes, dried ham, olive oil, 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		Meat balls with tomato sauce "rajská" and pasta	(beef meat, pork meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 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	Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
MENU DIET*		Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
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		Chinese twice cooked pork with rice	(pork meat, ginger, soya sauce, potato starch , onion, leek, pepper, rice)
MENU VEG.	VEG	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)
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		Chicken strips with creamy herbs sauce and rice	(chicken breast, cream , oil, thyme, parsley, marjoram, butter , garlic, rice)
Main 2		Roast pork with bread dumplings and cabbage	(pork meat, onion, flour, garlic, cumin, eggs , cabbage, sugar, bread , yeast, milk)
MENU VEG.	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)
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		Spaghetti Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, parmesan cheese)
Main 2		Quiche Lorraine with salad	(puff pastry, eggs , onion, bacon, cream , salt, pepper, parsley, cheese , seasonal vegetables)
Main 3	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)
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)

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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		Turkey cubes with gravy and rice	(turkey meat, onion, rice flour, oil, caraway seeds, rice)
Main 2		Pork in carrots with mashed potatoes	(pork meat, carrot, onion, flour, butter, oil, salt, caraway, pepper, potatoes, milk, butter)
MENU VEG.	VEG	Bulgureto with vegetable and cheese	(bulgur, carrot, celery, pea, corn, chickpea, cheese, crushed tomatoes)
MENU DIET*		Beef ragout with peas and rice	(beef meat, onion, carrot, celery stalks, tomato purée, worchester, rice)
Salad	VEG	Cous cous salad with fresh vegetables	(cous cous, red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread, smoked salmon, chives, spread butter)

Tuesday

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

Wednesday

Soup	VEG	Minestrone soup	(celery, onion, zucchini, carrot, tomato, olive oil)
Main 1		Turkey strips with vegetable in hoisin sauce, rice	(turkey meat, onion, beans, corn, starch, bamboo sprouts, hoisin, peppers, rice)
Main 2		BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, BBQ sauce, lettuce, potatoes, cabbage, carrot, celery, onion, vinegar, mayonnaise, oil)
MENU VEG.	VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs, vanilla pudding, milk)
MENU DIET*		Tuna risotto	(tuna, rice, pea, corn, carrot, turmeric, spring onion, herbs)
Salad		Lentil-bulgur bowl with egg and cauliflower	(lentil, bulgur, mix of leaves salad, egg, pickled cauliflower)
Sandwich		Reuben sandwich	(sandwich bread, roastbeef, mayonnaise, mustard, gherkins, cabbage, cheddar cheese)

Thursday

Soup		Creamy kale soup with potatoes and sausage	(kale, onion, caraway seed, flour, sausage, cream, bayleaves, potatoes)
Main 1	VEG	Lasagne Pomodoro	(pasta, cheese, oil, tomatoes, onion, garlic, basil, herbs, cheddar cheese, butter, milk, flour)
Main 2		Braised pork cheeks with mashed potatoes and baby carrot	(pork cheeks, onion, butter, oil, flour, garlic, potatoes, milk, baby carrot)
MENU VEG.	VEG	Lasagne Pomodoro	(pasta, cheese, oil, tomatoes, onion, garlic, basil, herbs, cheddar cheese, butter, milk, flour)
MENU DIET*		Baked chicken leg with vegetables and boiled potatoes	(chicken leg, carrot, cabbage, onion, zucchini, bell pepper, corn, oil, salt, potatoes)
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			
Main 1			
Main 2			
Main 3			
MENU DIET*			
PM Snack			
Salad			
Sandwich			

