

Monday

|          |            |   |   |
|----------|------------|---|---|
| Soup     | VEG        | Cream of broccoli                             | (broccoli, <b>butter</b> , <b>cream</b> , <b>flour</b> , onion)   |
| Menu 1   | EY         | Turkey cubes with gravy and rice              | (turkey meat, onion, <b>butter</b> , <b>flour</b> , herbs, rice)  |
| Menu 2   |            | Baked pork with bacon and bread dumplings     | (pork meat, onion, <b>butter</b> , bacon, rosemary, <b>flour</b> , <b>egg</b> , yeast, <b>milk</b> , <b>bread</b> ) |
| Menu 3   | VEG EY VEG | Chickpea chana masala with cauliflower bulgur | (chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, <b>bulgur</b> , cauliflower)       |
| Menu AF* |            | Chickpea chana masala with baked potatoes     | (chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, baked potatoes)                    |
| Salad    | VEG        | Tabbouleh                                     | ( <b>bulgur</b> , <b>yoghurt</b> , parsley, tomato, cucumber, spring onion, olive oil)                              |
| Sandwich |            | Sandwich with Prague ham, gherkins and egg    | ( <b>sandwich bread</b> , Prague ham, leek, horseradish, gherkins, lettuce, <b>egg</b> )                            |

Tuesday

|          |            |   |  |
|----------|------------|---|--|
| Soup     |            | Creamy chicken soup with vegetable                                | (chicken meat, <b>celery</b> , carrot, parsley, <b>butter</b> , <b>flour</b> , <b>cream</b> , <b>milk</b> )  |
| Menu 1   | EY         | Risotto Bolognese   | (rice, <b>celery</b> , beef meat, onion, cloves, olive oil, tomatoes, carrot, <b>parmesan cheese</b> )   |
| Menu 2   |            | Potato dumplings stuffed with smoked pork meat, cabbage and onion | (potatoes, <b>flour</b> , <b>milk</b> , <b>egg</b> , smoked pork meat, onion, cabbage, cumin)  |
| Menu 3   | VEG EY VEG | Peperonata with basil cous cous                                   | (basil, onion, garlic, pepper, tomatoes, <b>cous cous</b> )  |
| Menu AF* |            | Risotto Bolognese   | (rice, <b>celery</b> , beef meat, onion, cloves, olive oil, tomatoes, carrot)  |
| Salad    |            | Beans salad with tuna and egg                                     | (bean pods, white beans, red beans, <b>tuna</b> , <b>egg</b> , rucola, cherry tomatoes, red onion, herbs, olive oil, vinegar, sugar)                     |
| Sandwich |            | Caesar sandwich with chicken meat                                 | ( <b>wholegrain sandwich bread</b> , romaine lettuce, <b>egg</b> , <b>cheese</b> , <b>mayonnaise</b> , <b>anchovies</b> , <b>mustard</b> , chicken meat) |

Wednesday

|          |            |   |  |
|----------|------------|---|--|
| Soup     | VEG        | Indian tomato and red lentil soup                               | (red lentils, <b>cream</b> , tandoori masala, coriander, <b>vindaloo</b> )   |
| Menu 1   | EY         | Turkey nuggets with mashed potatoes and corn                    | (turkey breast, <b>flour</b> , <b>eggs</b> , <b>milk</b> , <b>breadcrumbs</b> , <b>butter</b> , potatoes, corn)                              |
| Menu 2   |            | Beef with tomato sauce and pasta                                | (beef meat, tomatoes, <b>celery</b> , bay leaves, sugar, <b>flour</b> , cinnamon, oil, <b>pasta</b> )  |
| Menu 3   | VEG EY VEG | Gnocchi with "4 formaggi" cheese sauce                          | ( <b>gnocchi</b> , <b>cream</b> , <b>parmesan</b> , <b>edam</b> , <b>gouda</b> , <b>blue cheese</b> )  |
| Menu AF* |            | Beef with tomato sauce and rice                                 | (beef meat, tomatoes, <b>celery</b> , bay leaves, sugar, GF flour, cinnamon, oil, pasta)   |
| Salad    |            | Mix of leaves salad with chicken ham, cheese and honey dressing | (mix of leaves salad, <b>gouda</b> , <b>cheddar cheese</b> , chicken ham, cherry tomatoes, pomegranate, cranberries, <b>mustard</b> , honey) |
| Sandwich | VEG        | Baguette with tomatoes, rucola and basil pesto                  | (baguette, basil pesto, tomatoes, rucola)  |

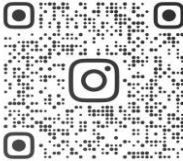
Thursday

|          |  |                                   |  |
|----------|--|-----------------------------------|--|
| Soup     |  |                                   |  |
| Menu 1   |  | PUBLIC HOLIDAY - EXTENDED WEEKEND |  |
| Menu 2   |  |                                   |  |
| Menu 3   |  |                                   |  |
| Menu AF* |  |                                   |  |
| Salad    |  |                                   |  |
| Sandwich |  |                                   |  |

Friday

|          |  |                                   |  |
|----------|--|-----------------------------------|--|
| Soup     |  |                                   |  |
| Menu 1   |  | PUBLIC HOLIDAY - EXTENDED WEEKEND |  |
| Menu 2   |  |                                   |  |
| Menu 3   |  |                                   |  |
| Menu AF* |  |                                   |  |
| Salad    |  |                                   |  |
| Sandwich |  |                                   |  |

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



Monday

|          |            |  |   |
|----------|------------|--|---|
| Soup     | VEG        | Potato cream with basil                    | ( <b>butter</b> , onion, potatoes, garlic,oil, <b>cream</b> , basil)                              |
| Menu 1   | EY         | Turkey with creamy paprika sauce and pasta | (turkey meat, onion, <b>butter</b> , ground paprika, <b>flour</b> , <b>cream</b> , <b>pasta</b> ) |
| Menu 2   |            | Pork meat with carrots and mashed potatoes | (pork meat, onion, carrot, <b>flour</b> , <b>butter</b> , <b>milk</b> , potatoes, cumin)          |
| Menu 3   | VEG EY VEG | Bean pods with peppers and baked potatoes  | (bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes )                 |
| Menu AF* |            | Bean pods with peppers and baked potatoes  | (bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes )                 |
| Salad    | VEG        | Pipirrana Salad                            | (peppers, red onion, cucumbers, tomatoes, olive oil, herbs, )                                     |
| Sandwich | VEG        | Sandwich with beetroot spread and rucola   | ( <b>sandwich bread</b> , beetroot, dill, <b>cottage cheese</b> , <b>spread butter</b> , rucola)  |

Tuesday

|          |            |  |   |
|----------|------------|--|---|
| Soup     |            | Turkey consommé with vegetable and noodles                       | ( turkey meat, <b>celery</b> , carrot, parsley, <b>noodles</b> )  |
| Menu 1   | EY         | Meat balls with curry sauce and rice                             | (beef meat, pork meat, <b>flour</b> , <b>egg</b> , <b>yoghurt</b> , <b>butter</b> , onion, garlic, garam masala, tomato, saffron, bay leaf, rice) |
| Menu 2   |            | Turkey oreganata with chickpea, zucchini and dried tomatoes      | (turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)  |
| Menu 3   | VEG EY VEG | Vegetable-legume patties with sweet potato purée and butter corn | (carrot, zucchini, chickpea, lentil, <b>egg</b> , <b>flour</b> , <b>breadcrumbs</b> , herbs, sweet potatoes, <b>milk</b> , corn, cauliflower)     |
| Menu AF* |            | Turkey oreganata with chickpea, zucchini and dried tomatoes      | (turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olice oil)  |
| Salad    | VEG        | Beluga lentil with tofu and vegetable                            | (beluga lentil, red lentil, onion, pepper, gherkin, herbs, <b>tofu</b> , dried tomatoes, capers)  |
| Sandwich |            | Baguette with tuna, egg and lettuce                              | ( <b>baguette</b> , <b>butter</b> , <b>tuna</b> , <b>egg</b> , lettuce, spring onion )  |

Wednesday

|          |            |   |   |
|----------|------------|---|---|
| Soup     | VEG        | Spinach soup  | (spinach, potatoes, garlic, <b>cream</b> , onion)   |
| Menu 1   |            | Pasta with tomato sauce, tuna and basil                             | ( <b>pasta</b> , crushed tomatoes, onion, garlic, basil, garlic, basil, <b>tuna</b> )                         |
| Menu 2   | EY         | Pork schnitzel with mashed potatoes and gherkin                     | (pork meat, potatoes, <b>milk</b> , <b>egg</b> , <b>butter</b> , <b>breadcrumbs</b> , potatoes)               |
| Menu 3   | VEG EY VEG | Sweet buns with vanilla sauce                                       | ( <b>flour</b> , yeast , <b>eggs</b> , vanilla pudding , <b>milk</b> )  |
| Menu AF* |            | Baked salmon with herbs, baked potatoes and bean pods               | ( <b>salmon</b> , herbs, potatoes, bean pods, olive oil, garlic)  |
| Salad    | VEG        | Mix of leaf salads with sundried tomatoes, mozzarella and balsamico | (iceberg lettuce, rucola, red chard, romaine lettuce, chicory, olives, capers, <b>mozzarella</b> , balsamico) |
| Sandwich |            | Sandwich with paprika chicken and bacon                             | ( <b>sandwich bread</b> , chicken breast, bacon, <b>spread butter</b> , ground paprika, lettuce)              |

Thursday

|          |            |  |   |
|----------|------------|--|---|
| Soup     |            | Goulash soup   | (beef meat, onion, garlic, marjoram, potatoes, <b>flour</b> , caraway seed, ground paprika)   |
| Menu 1   | EY         | Meatloaf with mashed potatoes and steamed vegetable  | (pork meat, beef meat, onion, garlic, marjoram, <b>eggs</b> , <b>breadcrumbs</b> , <b>flour</b> , potatoes, <b>milk</b> , <b>butter</b> , vegetable ) |
| Menu 2   |            | Beef burrito with corn salad "Esquites"              | (beef meat, beans, onion, tomato, garlic, coriander, <b>tortilla</b> , corn, spring onion, pepper, <b>mayonnaise</b> , coriander, lime, garlic)       |
| Menu 3   | VEG EY VEG | Pasta with creamy zucchini and basil sauce           | ( <b>pasta</b> , zucchini, <b>cream</b> , garlic, basil, <b>parmesan cheese</b> )   |
| Menu AF* |            | Beef Taco risotto                                    | (beef meat, beans, onion, tomato, garlic, coriander, corn, spring onion, pepper, coriander, lime, garlic)   |
| Salad    |            | Caesar salad with eggs, croutons and parmesan cheese | (romaine lettuce, spice, <b>egg</b> , <b>bread</b> , <b>cheese</b> , <b>mayonnaise</b> , <b>anchovies</b> , <b>mustard</b> )                          |
| Sandwich | VEG        | Sandwich with grilled vegetables and hummus          | ( <b>sandwich bread</b> , zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, <b>tahini sesame paste</b> , herbs)                       |

Friday

|          |            |  |  |
|----------|------------|--|--|
| Soup     | VEG        | Zucchini-tomato soup   | (zucchini, crushed tomatoes, onion, garlic, basil, salt)   |
| Menu 1   | EY         | Beef strips with roasted peppers and rice                            | ( beef meat, onion, peppers, tomato purée, potato starch, <b>worchester</b> , <b>soya sauce</b> , rice )   |
| Menu 2   |            | Chicken patties with cheddar cheese, mashed potatoes and baby carrot | (chicken meat, <b>cheddar cheese</b> , <b>butter</b> , potatoes, <b>cream</b> , <b>milk</b> , baby carrot) |
| Menu 3   | VEG EY VEG | Creamy pasta bake with mushrooms                                     | ( <b>pasta</b> , mushrooms , <b>egg</b> , <b>cream</b> , <b>milk</b> , onion, spring onion, herbs)         |
| Menu AF* |            | Beef strips with roasted peppers and rice                            | ( beef meat, onion, peppers, tomato purée, potato starch, <b>worchester</b> , <b>soya sauce</b> , rice )   |
| Salad    | VEG        | Pasta salad with vegetable and broccoli pesto                        | ( <b>pasta</b> , broccoli, olive oil, dried tomatoes, basil, cherry tomatoes , <b>parmesan cheese</b> )    |
| Sandwich |            | Tortilla with roastbeef and red cabbage coleslaw salad               | ( <b>tortilla</b> , roastbeef, red cabbage, carrot, <b>mayonnaise</b> , <b>yoghurt</b> )                   |

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



Monday

|          |            |  |  |
|----------|------------|--|--|
| Soup     | VEG        | Pumpkin and tomato soup                                  | (pumpkin, onion, carrot, <b>celery</b> , ginger, thyme, honey, peeled tomatoes)                                |
| Menu 1   |            | Chicken murgh makhani with rice                          | (chicken meat, <b>yoghurt</b> , onion, tomatoes, garlic, <b>butter, cream</b> , cinnamon, garam masala, rice ) |
| Menu 2   | EY         | Baked turkey breast with gravy, mashed potatoes and corn | (turkey meat, thyme, garlic, onion, potatoes, <b>milk, flour, butter</b> )                                     |
| Menu 3   | VEG EY VEG | Caponata with cous cous                                  | (herbs, carrot, oil sugar, tomato, capers, <b>celery</b> , basil, <b>cous cous</b> )                           |
| Menu AF* |            | Caponata with rice                                       | (herbs, carrot, oil sugar, tomato, capers, <b>celery</b> , basil, rice)  |
| Salad    | VEG        | Mixed salad with sundried tomatoes                       | (peppers, lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, <b>parmesan cheese</b> , olive oil)  |
| Sandwich |            | Baguette with smoked salmon                              | ( <b>baguette</b> , <b>smoked salmon</b> , <b>cream cheese</b> , <b>butter</b> , chives)                       |

Tuesday

|          |            |   |  |
|----------|------------|---|--|
| Soup     | VEG        | Czech potato soup   | (potatoes, <b>celery</b> , onion, garlic, cumin, marjoram, <b>flour</b> , carrot, mushrooms)                 |
| Menu 1   | EY         | Beef meat with garlic sauce, potato dumplings             | (beef meat, onion, garlic, <b>flour</b> , oil, pepper, salt, potatoes, <b>milk, egg</b> )                    |
| Menu 2   |            | Creamy potato bake with chicken meat, broccoli and corn   | (potatoes, chicken meat, broccoli, corn, <b>cream, parmesan cheese</b> , nutmeg )                            |
| Menu 3   | VEG EY VEG | Vegetarian burrito with cheddar cheese and mix of lettuce | (tortilla, lettuce, carrot, onion, sweet potatoes, cauliflower, beans, cheddar cheese, bbq sauce, coriander) |
| Menu AF* |            | GF pasta with red pepper sauce                            | (GF pasta, onion, red peppers, peeled tomatoes, basil)   |
| Salad    | VEG        | Mix of leaves salad with baked chickpea and tofu          | (mix of leaves salads, beetroot, corn, grenaille potatoes, <b>tofu</b> , baked chickpea, herbs dressing)     |
| Sandwich |            | Brussels baguette   | ( <b>baguette</b> , chicken breast, roasted onion, <b>blue cheese</b> )                                      |

Wednesday

|          |            |   |   |
|----------|------------|---|---|
| Soup     |            | Cabbage soup with sausage                                   | (cabbage, onion, caraway seed, <b>flour, sausage, cream</b> , bayleaves, ground paprika, potatoes)                                      |
| Menu 1   | EY         | Fish fingers with mashed potatoes and steamed pea           | ( <b>white fish, eggs, flour, milk, breadcrumbs</b> , potatoes, pea )   |
| Menu 2   |            | Beef bourgignon with potato gnocchi                         | (beef meat, bay leaf, <b>celery</b> , thyme, onion, all spice, <b>flour, milk, butter</b> , carrot, tomato, mushrooms, <b>gnocchi</b> ) |
| Menu 3   | VEG EY VEG | Cauliflower masala with coriander cous cous and red lentil  | (cauliflower, spice, herbs, <b>cous cous</b> , red lentil)  |
| Menu AF* |            | Baked white fish with chickpea, zucchini and dried tomatoes | ( <b>white fish</b> , herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)  |
| Salad    |            | Pasta salad with caesar dressing and cherry tomatoes        | ( <b>pasta</b> , spice, <b>egg</b> , corn, cherry tomatoes, <b>cheese, mayonnaise, anchovies, mustard</b> )                             |
| Sandwich |            | Sandwich with camembert spread                              | ( <b>sandwich bread, camembert cheese, egg</b> , ham, onion, <b>mayonnaise</b> )  |

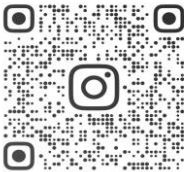
Thursday

|          |            |   |   |
|----------|------------|---|---|
| Soup     |            | Beef consommé with noodles                                      | ( beef meat, <b>celery</b> , carrot, parsley, <b>noodles</b> )  |
| Menu 1   | EY         | Beef with creamy vegetable "svíčková" sauce and bread dumplings | (beef, carrot, <b>celery</b> , onion, oil, all spice, <b>cream, flour, bread</b> , yeast, <b>milk, egg</b> )  |
| Menu 2   |            | Slovak gnocchi "halušky" with smoked pork meat and cabbage      | ( <b>gnocchi</b> , onion, sugar, oil, bacon, cabbage, pork smoked meat, potatoes, <b>eggs, milk, flour</b> )  |
| Menu 3   | VEG EY VEG | Chinese noodles with vegetables and egg                         | ( <b>noodles, egg</b> , leek, cabbage, mushrooms, red onion, <b>soya sprouts</b> , bamboo sprouts, spring onion, <b>soya sauce, oyster sauce, hoisin sauce, sesame oil</b> , oil, garlic) |
| Menu AF* |            | Turkey in aubergine sauce with rice                             | (turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)  |
| Salad    |            | Vegetable salad with tuna and mango dip                         | (iceberg lettuce, lolo roso salad, radicchio, corn, tomato, pepper, <b>tuna</b> , red onion, mango, sweet chilli, coriander )   |
| Sandwich | VEG        | Wrap with mozzarella, tomatoes and olives                       | ( <b>tortilla</b> , iceberg lettuce, rucola, <b>mozzarella</b> , tomatoes, dried tomatoes pesto, olives)  |

Friday

|          |            |  |   |
|----------|------------|--|---|
| Soup     | VEG        | Cauliflower with eggs and potatoes       | (onion, cauliflower, <b>cream, flour, eggs</b> , potatoes)  |
| Menu 1   |            | Chicken risotto "Bolognese"              | (rice, <b>celery</b> , chicken meat, onion, cloves, olive oil, tomatoes, carrot, <b>parmesan cheese</b> ) |
| Menu 2   | EY         | Turkey paprikash with pasta              | (turkey meat, peppers, onion, ground paprika, <b>flour</b> , garlic, marjoram, <b>pasta</b> )             |
| Menu 3   | VEG EY VEG | Coconut curry with vegetable and rice    | ( pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream, rice)          |
| Menu AF* |            | Chicken risotto "Bolognese"              | (rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot)                                     |
| Salad    | VEG        | Greek salad                              | (peppers, olives, cucumbers, tomatoes, <b>feta cheese</b> )   |
| Sandwich |            | Baguette with chicken gyros and cucumber | ( <b>baguette</b> , chicken meat, gyros spice, cucumber, <b>mayonnaise</b> )                              |

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



| Monday    |            |  |   |
|-----------|------------|--|---|
| Soup      | VEG        | Zucchini cream   | (zucchini, <b>butter</b> , garlic, onion, potatoes , <b>cream</b> )   |
| Menu 1    | EY         | Spaghetti with meatballs and tomato-basil sauce              | ( <b>pasta</b> , beef meat, pork meat, onion, garlic, <b>breadcrumbs</b> , <b>egg</b> , herbs, oil, crushed tomatoes, basil, <b>cheese</b> )              |
| Menu 2    |            | Sweet potatoes curry with turkey meat and rice               | (turkey meat, sweet potatoes, onion, spring peas, olive oil, red curry, peppers, spice, turkey meat, <b>coconut milk</b> , chickpea, potato starch, rice) |
| Menu 3    | VEG EY VEG | Ratatouille with bulgur                                      | (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion , <b>bulgur</b> )   |
| Menu AF*  |            | Ratatouille with rice  | (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion , rice)   |
| Salad     | VEG        | Tomato salad pico de gallo                                   | (tomatoes, spring onion, salt, coriander, onion, lime)  |
| Sandwich  |            | Sandwich with horseradish mayonnaise and bacon               | (sandwich bread, horseradish, mayonnaise, bacon, tomatoes, egg, lolo biondo lettuce )   |
| Tuesday   |            |  |   |
| Soup      | VEG        | Chickpea soup with rosemary                                  | (chickpea, rosemary, onion, garlic, tomato purée)   |
| Menu 1    | EY         | Baked turkey cubes with steamed cabbage and potato dumplings | (turkey meat, oil, onion, garlic, cabbage, potatoes, <b>egg</b> , <b>flour</b> , <b>milk</b> )  |
| Menu 2    |            | Baked tuna with mashed potaoes and savoy cabbage with corn   | ( <b>tuna</b> , herbs, <b>butter</b> , <b>milk</b> , potatoes, savoy cabbage, corn)   |
| Menu 3    | VEG EY VEG | Baked pumpkin with spiced red lentill and balcan cheese      | (pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, <b>balcan cheese</b> , parsley)   |
| Menu AF*  |            | Baked tuna with mashed potaoes and savoy cabbage with corn   | ( <b>tuna</b> , herbs, potatoes, LF milk, savoy cabbage, corn)  |
| Salad     |            | Mix of leaves salad with tuna and dill dressing              | (mix of leaves, beetroot, corn, grenaille potatoes, <b>tuna</b> , <b>white yoghurt</b> , dill, garlic, lemon)   |
| Sandwich  |            | Baguette with sweet chilli chicken                           | ( <b>baguette</b> , chicken breast, romaine lettuce, sweet chilli sauce, <b>mayonnaise</b> )  |
| Wednesday |            |  |   |
| Soup      |            | Beef consommé with noodles                                   | ( <b>celery</b> , carrot, onion, parsley, <b>noodles</b> , beef meat)   |
| Menu 1    | EY         | Chicken in creamy paprika sauce with pasta                   | (chicken meat, onion, <b>cream</b> , ground paprika, oil, <b>pasta</b> )  |
| Menu 2    |            | Creamy potato bake with smoked pork meat                     | (potatoes, smoked pork meat, bacon, onion, pea, <b>cream</b> , <b>egg</b> )   |
| Menu 3    | VEG EY VEG | Jamie Oliver´s vegetarian curry with rice                    | (zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <b>coconut milk</b> )                                       |
| Menu AF*  |            | Jamie Oliver´s vegetarian curry with rice                    | (zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, <b>coconut milk</b> )                                       |
| Salad     |            | "Farmer´s" chicken salad                                     | (mix of leaves salad, beetroot, corn, grenaille potatoes, chicken breast, herbs dressing)   |
| Sandwich  | VEG        | Sandwich with camembert cheese and cranberry tapenade        | ( <b>sandwich bread</b> , <b>camembert cheese</b> , cranberries, balsamico, rucola)   |
| Thursday  |            |  |   |
| Soup      |            | Frankfurter soup   | (onion, <b>sausage</b> , <b>milk</b> , ground paprika, <b>flour</b> )   |
| Menu 1    |            | Sweet and sour chicken with vegetables and jasmine rice      | (chicken meat, rice, peppers, spring onion, rice vinegar, <b>soya sauce</b> , peeled tomatoes, sugar, potato starch, herbs)                               |
| Menu 2    | EY         | Holland schnitzel with mashed potatoes and gherkin           | (pork meat, <b>flour</b> , <b>egg</b> , <b>breadcrumbs</b> , potatoes, <b>milk</b> , <b>butter</b> , gherkin)   |
| Menu 3    | VEG EY VEG | Fruit dumplings with cottage cheese and butter               | ( <b>flour</b> , <b>eggs</b> , yeast , <b>yoghurt</b> , fruit, <b>cottage cheese</b> , <b>butter</b> , sugar)   |
| Menu AF*  |            | GF Pasta Amatriciana   | (GF pasta, crushed tomatoes, smoked pork meat, onion, basil)  |
| Salad     | VEG        | Caprese salad  | (tomatoes, basil, rucola, <b>mozzarella</b> )   |
| Sandwich  |            | Sandwich with tzatziky spread and chicken meat               | ( <b>sandwich bread</b> , <b>spread butter</b> , dill, garlic, cucumber, chicken meat, gyros spice)   |
| Friday    |            |  |   |
| Soup      | VEG        | Pumpkin cream  | (pumpkin, onion, potatoes, <b>butter</b> , <b>cream</b> , thyme)  |
| Menu 1    |            | Chilli con carne with corn nachos                            | (beef meat, beans, onion, tomato, garlic, coriander, corn nachos)   |
| Menu 2    | EY         | Chicken stroganoff with rice                                 | (chicken meat, <b>cream</b> , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)  |
| Menu 3    | VEG EY VEG | Stir fried vegetables with tofu and chinese noodles          | (bamboo sprouts, <b>tofu</b> , <b>chinese noodles</b> , coriander, zucchini, onion, garlic, carrot, ginger)   |
| Menu AF*  |            | Chilli con carne with corn nachos                            | (beef meat, beans, onion, tomato, garlic, coriander, corn nachos)   |
| Salad     | VEG        | Chana chaat  | (chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)  |
| Sandwich  |            | Baguette with parma ham, mozzarella and tomato               | ( <b>baguette</b> , <b>mozzarella</b> , tomatoes, baby spinach, <b>mustard</b> , honey, olive oil, lemon, ham)  |

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

