American Academy

MENU 23/11 – 27/11/2026

Zátiší Canteens

Monday 23/11/2026

Soup	**Tomato soup with basil** 9 VEG tomatoes, carrot, onion, **celery**, olive oil, basil, garlic, spices
Menu 1	**Turkey breast with basil pesto** 0 + Butter vegetables with quinoa 7 turkey, basil **pesto** (basil, garlic), salt + seasonal vegetables, quinoa, **butter**
Menu 2	**Pork with bacon** 1, 10 + Jasmine rice 0 pork, onion, bacon, **flour**, **mustard**, oil, spices + rice, oil, salt
Menu 3 vegetarian	**Cantonese rice with vegetables and tofu** 1, 3, 6 VEG rice, bell peppers, **tofu**, leek, carrot, zucchini, spring onion, **soy sauce**, coriander, **egg**
Menu 4 diet*	**Turkey strips with basil** 0 + Baked potatoes 0 turkey meat, olive oil, basil, salt + potatoes, oil, steak seasoning, salt
Salad	**Nicoise salad** 3, 10 VEG potatoes, green beans, **egg**, tomatoes, olive oil, parsley, **mustard**, spring onion, basil, lemon
Sandwich	**Baguette with ham, cheese and egg** 1, 3, 7 **baguette**, tomatoes, pork ham, **cream cheese spread**, **edam**, **egg**, lamb's lettuce

Tuesday 24/11/2026

Soup	**Chicken broth with vegetables** 9 chicken stock, carrot, chicken, **celeriac**, parsley root, onion, parsley, allspice, bay leaf, black pepper, salt
Menu 1	**Beef goulash** 1 + Bread dumplings 1, 3, 7 beef, tomato purée, onion, **flour**, oil, ground paprika, garlic, marjoram, caraway, spices + **flour**, **milk**, yeast, **bread**, **egg**
Menu 2	**Pork cutlet with baked seasonal vegetables and tzatziki** 7 + Roasted root vegetables 9 pork, cucumber, **yoghurt**, oil, dill, garlic, spices + carrot, parsley root, **celeriac**, onion, oil, garlic, rosemary, spices
Menu 3 vegetarian	**Broccoli patties with chickpea, baked pumpkin and beetroot dip** 1, 3, 7 VEG + Indian baked pumpkin 10 broccoli, savoy cabbage, **yoghurt**, beetroot, **egg**, chickpeas, **breadcrumbs**, **halloumi**, **flour**, lemon, salt + pumpkin, oil, **tikka masala paste**, tandoori masala, salt
Menu 4 diet*	**Pork chop with gravy** 9 + Roasted root vegetables 9 + carrot, parsley root, **celeriac**, onion, oil, garlic, rosemary, spices
Salad	**Chef salad** 1, 3, 7, 10 iceberg lettuce, tomatoes, cucumber, pork ham, **Edam**, **egg**, mayonnaise (**eggs**, **mustard**), **white toast bread**, rocket, **yoghurt**, ketchup
Sandwich	**Baguette with basil pesto, tomato and mozzarella** 1, 7 VEG **baguette**, tomatoes, **mozzarella**, basil pesto (olive oil, basil, garlic)

Wednesday 25/11/2026

Soup	**Oyster mushroom soup** 9 VEG **broth**, oyster mushrooms, onion, oil, flour, garlic, ground paprika, marjoram, spices
Menu 1	**Chicken Adobo** 1, 6, 12 + Rice pilaf 0 chicken, **red wine vinegar**, **soy sauce**, sugar, oil, garlic, chilli, bay leaf, salt + rice, carrot, onion, oil, chickpeas, spring onion, coriander, ground paprika, turmeric
Menu 2	**Garlic beef with spinach** 1, 3, 7 + Potato dumplings 1, 3 beef, spinach, onion, oil, **flour**, **cream**, garlic, **butter**, **egg**, salt + potatoes, **flour**, **semolina**, **eggs**, salt
Menu 3 vegetarian	**Red lentil dhal with cauliflower** 9 VEG + Pita bread 1 **broth**, cauliflower, lentils, onion, peas, tomato purée, oil, vindaloo, coriander, garlic + **flour**, water, yeast, oil
Menu 4 diet*	**Chicken Adobo** 1, 6, 12 + Rice pilaf 0 chicken, **red wine vinegar**, **soy sauce**, sugar, oil, garlic, chilli, bay leaf, salt + rice, carrot, onion, oil, chickpeas, spring onion, coriander, ground paprika, turmeric
Salad	**Mexican corn salad "Esquites"** 7 VEG sweetcorn, bell peppers, lime, **quark**, spring onion, **cream**, oil, coriander, spices
Sandwich	**Baguette with roast beef and sun-dried tomatoes** 1, 7, 12 **baguette**, roast beef, onion, **butter**, lamb's lettuce, **sun-dried tomatoes**, olive oil, **creamed horseradish**, **balsamic glaze**, salt

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Thursday 26/11/2026



Soup	**Czech vegetable "prachenska" soup with egg** 3, 7, 9 VEG onion, **celeriac**, carrot, mushrooms, rice flour, **butter**, oil, parsley, **egg**, caraway, spices
Menu 1	**Lasagne Bolognese** 1, 3, 7, 9 **pasta**, **milk**, beef, tomatoes, **butter**, **flour**, tomato purée, onion, carrot, **Parmesan**, oil, sugar, **celery**, cloves, bay leaf, salt
Menu 2	**Wok fried turmeric chicken** 1, 4, 6, 7, 11, 14 + Jasmine rice 0 chicken, **cream**, **milk**, **oyster sauce**, starch, oil, **fish sauce**, sugar, lemongrass, garlic, coriander, turmeric, **sesame oil** + rice, oil, salt
Menu 3 vegetarian	**Pearl barley with roasted vegetables and tempeh** 1, 6, 11 VEG **pearl barley**, bell peppers, zucchini, aubergine, onion, squash, tempeh (**soya**), honey, rice vinegar, **soy sauce**, capers, coriander, oil, **sesame oil**, garlic, ginger, **sesame seeds**
Menu 4 diet*	**Baked cod with herbs and baby carrots** 4 + Baked potatoes 0 **cod**, baby carrots, oil, thyme, rosemary, salt + potatoes, oil, steak seasoning, salt
Salad	**Quinoa salad with vegetables and sesame** 1, 6, 11 VEG cucumber, quinoa, carrot, green beans, spring onion, dressing (orange, **soy sauce**, rice vinegar, **sesame oil**), **sesame seeds**, coriander, black tea, salt
Sandwich	**Tortilla with smoked salmon** 1, 4, 7 **tortilla**, **smoked salmon**, iceberg lettuce, **soft dairy spread**, cucumber, chives

Friday 27/11/2026



Soup	**Creamy chicken soup with vegetables** 1, 7, 9 **stock**, chicken, carrot, **milk**, **flour**, **celeriac**, **cream**, **butter**, chives, mace, salt
Menu 1	**Turkey tikka masala** 7, 10 + Jasmine rice 0 turkey, tomatoes, **cream**, red pepper, onion, **yoghurt**, oil, tomato purée, tikka masala paste (**mustard**), sugar, garlic, ginger, salt + rice, oil, salt
Menu 2	**Beef and pork patties with gherkin** 1, 3, 7, 10, 12 + Mashed potatoes 7 pork, **gherkins**, oil, **breadcrumbs**, **milk**, **flour**, **egg**, onion, garlic, marjoram, spices + potatoes, **milk**, **butter**, salt
Menu 3 vegetarian	**Pasta with tomato sauce and zucchini** 1, 3, 7 VEG **pasta**, tomatoes, zucchini, **parmesan**, onion, oil, sugar, basil, garlic, spices
Menu 4 diet*	**Gluten-free pasta with tomato sauce and zucchini** 0 VEG gluten-free **pasta**, tomatoes, zucchini, oil, onion, sugar, basil, garlic, spices
Salad	**Poke salad with fava beans** 11 VEG rice, carrot, cucumber, broad beans, pumpkin, rice vinegar, lime, sugar, sprouts, **sesame seeds**
Sandwich	**Egg sandwich** 1, 3, 7, 10 VEG **sandwich bread**, egg spread (**eggs**, **mayonnaise**, **soft dairy spread**, chives), chives



Lunch information

Menu 1 is ordered automatically every Monday for the entire week following the one in which the order is made. If you chose a vegetarian diet or an intolerance at registration, **Menu 3** or **Menu 4** is ordered instead.

Menu 4 – DIET*: prepared without wheat flour (possibly with rice flour), without dairy products (or with lactose-free alternatives) and without eggs. Dishes may contain traces of allergens.

Lunch is collected with the **ISIC card** – please make sure your child brings it every day.

Ordering and cancelling lunches

You can order, change or cancel lunch **until 12 noon one working day in advance** online here: **aa.freshandtasty.cz/login**
Contact us: **aa@zatisigroup.cz**

Allergens

1. **CEREALS** containing gluten
2. **CRUSTACEANS** and products thereof
3. **EGGS** and products thereof
4. **FISH** and products thereof
5. **PEANUTS** and products thereof
6. **SOYBEANS** and products thereof
7. **MILK** and products thereof
8. **TREE NUTS** all kinds of nuts
9. **CELERY** and products thereof
10. **MUSTARD** and products thereof
11. **SESAME** and products thereof
12. **SULPHUR DIOXIDE** and sulphites over 10 mg/kg
13. **LUPIN** and products thereof
14. **MOLLUSCS** and products thereof

Allergens are printed in **bold** in the ingredients. All meals are prepared in the same kitchen, so traces of allergens cannot be completely ruled out.