

Monday

Soup		Beef consommé with vegetable and meat	(<i>celery</i> , carrot, onion, parsley, beef meat)
Main 1	EY	BBQ chicken strips with crushed potatoes	(chicken meat, spice, BBQ sauce , lettuce, potatoes, onion, butter , milk, oil)
Main 2		Pork strips with vegetable and rice	(pork meat, garlic, onion, ground paprika, oil, worchester , tomato purée, potato starch, rice)
Main 3	VEG	Jamie Oliver's roasted vegetable vindaloo with rice	(<i>soya</i> , spinach, raisins, leek, tomatoes, parsley, worchester sauce , olive oil, carrot, cauliflower, turmeric, garam masala, bay leaf, yoagurt , pea, pepper, zucchini, chickpea, onions, garlic, celery , rice)
MENU DIET*		Pork strips with vegetable and rice	(pork meat, garlic, onion, ground paprika, oil, worchester , tomato purée, potato starch, rice)
Salad		Beans salad with tuna and egg	(bean pods, white and red beans, egg , tuna, cherry tomatoes, onion, olive oil, wine vinegar, rucola, lamb's lettuce, parsley, suaar, salt, garlic)
Sandwich		Sandwich with chicken ham and tomato	(sandwich bread , mayonnaise , chicken ham, tomatoes, lettuce)

Tuesday

Soup	VEG	Cream of peas	(pea, onion, rice flour, butter , cream , milk)
Main 1	EY	Turkey in creamy paprika sauce with pasta	(turkey meat, onion, flour , cream , oil, ground paprika, pasta)
Main 2		Potato dumplings stuffed with smoked pork meat, cabbage and fried onions	(potatoes, flour , eggs , smoked meat, cabbage, onions, rice flour, vinegar)
Main 3	VEG	Chinese noodles with vegetables and egg	(noodles , onion, carrot, garlic, zucchini, egg , soy sauce , oyster sauce , coriander, ground paprika, bamboo sprouts, ginger)
MENU DIET*		Turkey in paprika sauce with GF pasta	(turkey meat, onion, rice flour, oil, ground paprika, GF pasta)
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	Vegetable consommé with vegetables and fried peas	(carrot, celery , onion, broccoli, cauliflower, corn, oil, pea, egg)
Main 1	EY	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , parsley, onion, sugar, bacon, lemon juice, mustard , salt, pepper, thyme, all spice, bay leaf, butter , rice flour, vinegar, oil, cream , bread , yeast, milk , egg)
Main 2		Grilled pork baked with ham and cheese, crushed potatoes	(pork meat, ham, onion, herbs, flour , oil, butter , cheddar cheese , potatoes)
Main 3	VEG	Pumpkin frittata with feta cheese	(pumpkin, onion, spinach, oil, garlic, feta cheese , eggs , milk)
MENU DIET*		Grilled pork with crushed potatoes and salad	(pork meat, herbs, oil, potatoes, cucumber, paprika, tomatoes, iceberg lettuce)
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		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1	EY	Pasta with chicken in creamy zucchini sauce	(chicken meat, pasta , cream , zucchini, milk , butter , oil, herbs, potato starch, garlic, parmesan cheese)
Main 2		Meen moilee -white fish with indian curry and rice	(white fish , coriander, onion, chilli pepper, curry, cumin, turmeric, coconut milk, oil, crushed tomatoes, tomatoes, mustard seed , potato starch, ginger, rice)
Main 3	VEG	Baked potatoes with broccoli, cauliflower and cheese	(potatoes, broccoli, cauliflower, nutmeg, potato starch, cream , cheese)
MENU DIET*		Tilapia fish with herb pesto, steamed vegetables, boiled potatoes	(tilapia fish , corn, green beans, cauliflower, peas, olive oil, parsley, basil, dill, lemon juice, potatoes)
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	Chicken consommé with vegetables and rice noodles	(celery , parsley, carrot, onion, garlic, chicken meat, oil, cauliflower, rice noodles)
Main 1	EY	Sweet and sour chicken with rice	(chicken meat, tomato purée, garlic, spring onion, sugar, rice vinegar, soya sauce , peppers, crushed tomatoes, bamboo sprouts, potato starch, rice)
Main 2		Creamy potato bake with smoked pork and green pea	(potatoes, smoked pork meat, bacon, onion, pea, cream , eggs)
Main 3	VEG	Chickpea chana masala with cous cous	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, cous cous)
MENU DIET*		Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, rice)
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)



fresh & tasty
by Zlatá Group

Monday			
Soup	VEG	Vegetable broth with noodles	(broccoli, celery , onion, peas, salt, pepper, corn, cauliflower, carrots, oil, noodles)
Main 1	EY	Pork risotto with gherkin and cheese	(rice, pork meat, consommée , carrot, onion, leek, peas, corn, celery , oil, salt, ground paprika, pepper, gherkin, cheese)
Main 2	EY 2	Turkey strips in teriyaki sauce with ginger carrots, spring onions and crushed potatoes	(chicken meat, teriyaki sauce , oil, potato starch, soya sauce , salt, chicken consommée , carrot, ginger, spring onion, pepper , potatoes, milk , butter)
Main 3	VEG	Ratatouille with jasmine rice	(zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil, rice)
MENU DIET*	VEG	Ratatouille with jasmine rice	(zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil, 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	VEG	Creamy zucchini soup	(zucchini, potatoes, rice flour, onion, cream , parsley, oil, salt)
Main 1	EY	Roasted chicken leg with wild spice mix and mashed potatoes	(chicken leg, onion, bacon, wild spices, potatoes, milk , butter)
Main 2		Baked beef with "frankfurtska" creamy sauce with sausage and bread dumplings	(beef meat, beef consommé , onion, sausage , cream , rice flour, oil, ground paprika, yeast, bread , milk , egg , flour)
Main 3	VEG	Baked pumpkin with red lentil and balkan cheese with pita bread	(pumpkin, red lentil, balkan cheese , onion, olive oil, lemon juice, garlic, parsley, mint, ground paprika, romain cumin, pita bread)
MENU DIET*	VEG	Baked pumpkin with red lentil and rice	(pumpkin, red lentil, onion, olive oil, lemon juice, garlic, parsley, mint, ground paprika, romain cumin, rice)
Salad	VEG	Pasta salad with fresh vegetables 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		Chicken soup "kaldoun"	(chicken meat, celery , carrot, parsley, bay leaf, nutmeg, cream)
Main 1	EY	Pasta with chicken in creamy herbs sauce	(chicken meat, herbs, pasta , cream , butter , oil, parmesan cheese)
Main 2		Turkey oreganata with rice	(turkey, olive oil, lemon juice, oregano, parsley, garlic, salt, rice)
Main 3	VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella , pita bread)
MENU DIET*		Turkey oreganata with rice	(turkey, olive oil, lemon juice, oregano, parsley, garlic, salt, rice)
Salad	VEG	Lentil-bulgur bowl with chicken meat, egg and cauliflower	(lentil, bulgur , mix of leaves salad, chicken breast, egg , pickled cauliflower)
Sandwich		Reuben sandwich with shredded pork	(sandwich bread , pork meat, mayonnaise , mustard , gherking, cabbage, cheddar cheese)

Thursday			
Soup	VEG	Cauliflower curry soup	(cauliflower, onion, coconut milk, spring onion, garlic, oil, turmeric, sugar, lemon juice, sesame oil)
Main 1	EY	Chicken strips with baby carrots, bean pods and crushed potatoes	(chicken meat, baby carrots, green beans, country mix seasoning, salt, butter , honey, oil, potatoes, milk , onion)
Main 2	EY 2	Rabbit ragout with leek and rice	(rabbit meat, consommé , leek, onion, flour , oil, butter , salt, thyme, rice)
Main 3	VEG	Wok fried turmeric tofu with rice	(tofu , cream , milk , zucchini, carrot, chickpeas, bamboo shoots, soy sauce , oyster sauce , potato starch, lemon juice, oil, soar , turmeric, garlic, coriander, sesame oil , rice)
MENU DIET*		Chicken strips with baby carrots, bean pods and crushed potatoes	(chicken meat, baby carrots, green beans, country mix seasoning, salt, honey, oil, potatoes, LF milk, onion)
Salad	VEG	Salad with baked pumpkin and mozzarella	(pumpkin, carrot, mozzarella , balsamico, iceberg lettuce, buckwheat, wallflower)
Sandwich		Caesar wrap	(tortilla , romaine lettuce, spice gyros, chicken meat eggs , parmesan cheese , mayonnaise , anchovies , mustard)

Friday			
Soup	VEG	Sweet potato soup with smoked paprika	(sweet potatoes, parsley, onion, smoked paprika, rice flour, oil, cream)
Main 1	EY	Chicken tikka masala with rice	(chicken meat, onion, garlic, yoghurt , vindaloo, peppers, tomatoes, cream , rice)
Main 2		Slovak potato gnocchi "halušky" with smoked pork and cabbage	(gnocchi "halušky" , smoked pork meat, pepper, salt, lard, bacon, cabbage, sugar, vinegar)
Main 3	VEG	Chilli con vegetables and corn nachos	(garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes, corn nachos)
MENU DIET*	VEG	Chilli con vegetables with rice	(garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes, rice)
Salad		Spinach salad with apples and bacon	(baby spinach, apples, bacon, chives, honey, mustard , lettuce, olive oil)
Sandwich	VEG	Sandwich with cheese, cucumber and tzatziki spread	(sandwich bread , Lučina cheese , cucumber, dill, salt, tzatziki spices)

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Monday

Soup	VEG	Potato cream with vegetable	(potatoes, carrot, onion, celery, cream , oil, butter , parsley, mace)
Main 1	EY	Chicken stir fry with vegetables and rice	(chicken breast, carrot, pak choi, spring onion, garlic, onion, soya sauce, sesame oil , rice)
Main 2		Ham with mashed potatoes and green pea	(ham, butter , green pea, potatoes, milk)
Main 3	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour, milk, egg , poppy seeds, sugar, butter)
MENU DIET*		Ham with crushed potatoes and green pea	(ham, pea, green potatoes, LF milk)
Salad	VEG	Bulgur salad with olives and balkan cheese	(bulgur , copers, olives, lettuce, dried tomatoes, garlic, basil, olive oil, balkan cheese)
Sandwich	VEG	Baguette with cheese and salad	(baguette, soft cheese, butter, gouda, ermine cheese, mozzarella , lettuce)

Tuesday

Soup		Chicken consommé with tarhoña pasta	(chicken meat, celery , carrot, parsley, garlic, salt, pepper, bay leaf, all spice tarhoña pasta)
Main 1	EY	Gnocchi Amatriciana	(gnocchi , onion, parsley, bacon, tomatoes, olive oil)
Main 2		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Main 3	VEG	Creamy dill sauce with egg and bread dumplings	(egg, milk , onion, rice flour, dill, sugar, celery, vinegar, cream, flour , yeast, bread)
MENU DIET*		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Salad	VEG	Pasta salad with baked vegetable and yoghurt	(pasta, yoghurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	(tortilla , lettuce, egg , ham, cheese, yoghurt , tomato purée, tomatoes)

Wednesday

Soup	VEG	Cauliflower soup with vegetable	(cauliflower, onion, potatoes, carrot, parsley, salt)
Main 1		Chilli con carne with nachos	(beef meat, beans, onion, tomatoes, garlic, coriander, corn nachos)
Main 2	EY	Roast pork with mushroom sauce, crushed potatoes	(pork meat, thyme, garlic, mushrooms, salt, oil, cream , potatoes, butter , onion)
Main 3	VEG	Baked potatoes with broccoli and cauliflower	(potatoes, broccoli, cauliflower, cream, edam cheese , potato starch, nutmeg, salt, pepper)
MENU DIET*		Chilli con carne with rice	(beef meat, beans, onion, tomatoes, garlic, coriander, rice)
Salad		Caesar salad with grilled chicken	(romaine lettuce, chicken meat, spice, egg , croutons , parmesan cheese, mayonnaise, anchovies, mustard)
Salad	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)

Thursday

Soup	VEG	Czech kulajda	(potatoes, onion, sugar, mushrooms, dill, salt, milk , rice flour, vinegar, oil, cream, egg)
Main 1	VEG EY	Pasta with tomato-basil sauce, parmesan cheese	(pasta, oil, tomatoes, onion, garlic, basil, parmesan cheese)
Main 2	EY 2	White fish with herbs pesto, green pea purée and steamed vegetables	(white fish , herbs, olive oil, lemon juice, bean pods, corn, cauliflower, butter , pea)
Main 3	VEG	Cauliflower patties with yoghurt dip and crushed potatoes	(cauliflower, egg, breadcrumbs , olive oil, flour, milk , turmeric, cumin, lemon, parsley, white yoghurt , potatoes, butter)
MENU DIET*	VEG	GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese , olive oil)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worchester , smoked salt)

Friday

Soup			
Main 1		PUBLIC HOLIDAY	
Main 2			
Main 3			
MENU DIET*			
Salad			
Sandwich			

