Riverside School

MENU 23/11 – 27/11/2026

Zátiší Canteens

Monday 23/11/2026

Soup	**Vegetable broth with noodles** 1, 3, 9 VEG noodles (**flour**, **eggs**), onion, carrot, **celeriac**, cauliflower, broccoli, oil, parsley root, peas, sweetcorn, parsley, spices
Menu 1 / Early Years	**Pork risotto with cheese and pickle** 7, 9, 10, 12 pork, rice, **stock**, **gherkins**, carrot, **Edam**, leek, onion, sweetcorn, peas, **celeriac**, oil, ground paprika, spices
Menu 2	**Turkey strips in teriyaki sauce with ginger carrots and spring onion** 1, 6, 9 + Crushed potatoes 7 turkey, carrot, **stock**, spring onion, ginger, teriyaki sauce (**soya**), oil, starch, **soy sauce**, spices + potatoes, onion, oil, **butter**, salt
Menu 3 vegetarian	**Ratatouille** 0 VEG + Cous cous 1 tomatoes, aubergine, bell pepper, zucchini, onion, oil, garlic, rosemary, spices + **couscous**, olive oil, caraway, salt
Menu 4 diet*	**Ratatouille** 0 VEG + Jasmine rice 0 tomatoes, aubergine, bell pepper, zucchini, onion, oil, garlic, rosemary, spices + rice, oil, salt
Salad	**Couscous salad with fresh vegetables** 1 VEG **couscous**, cucumber, tomatoes, bell pepper, coriander, lemon, olive oil, spices
Sandwich	**Sandwich with crab spread** 1, 3, 4, 6, 7, 10 sandwich **bread**, Greek **yoghurt**, **mayonnaise**, crab sticks (surimi from **fish**), carrot, spinach, lemon, salt

Tuesday 24/11/2026



Soup	**Zucchini soup with potatoes** 7 VEG zucchini, potatoes, onion, **butter**, basil, garlic, salt
Menu 1 / Early Years	**Baked chicken leg with wild spices** 0 + Mashed potatoes 7 chicken leg, onion, bacon, back fat, allspice, bay leaf, black pepper, salt + potatoes, **milk**, **butter**, salt
Menu 2	**Roast beef in "frankfurtska" creamy sauce with sausages** 1, 7, 9 + Bread dumplings 1, 3, 7 beef, **stock**, onion, **frankfurters**, **cream**, rice flour, oil, ground paprika, spices + **flour**, **milk**, yeast, **bread**, **egg**
Menu 3 vegetarian	**Baked pumpkin with spiced red lentils and balkan cheese** 7, 8 VEG + Pita bread 1 butternut squash, lentils, **Balkan cheese**, onion, olive oil, lemon, **pine nuts**, parsley, mint, garlic, ground paprika, cumin, spices + **flour**, water, yeast, oil
Menu 4 diet*	**Baked chicken leg with wild spices** 0 + LF mashed potatoes 0 chicken leg, onion, bacon, back fat, allspice, bay leaf, black pepper, salt + potatoes, lactose-free **milk**, salt
Salad	**Pasta salad with pesto, fresh vegetables and olives** 1, 3, 12 VEG **pasta**, cucumber, tomatoes, bell pepper, olives, basil pesto (olive oil, basil, garlic), sun-dried tomato pesto (**sun-dried tomatoes**, olive oil, basil)
Sandwich	**Club sandwich** 1, 3, 10 **toast bread**, chicken, **egg**, **mayonnaise**, bacon, tomatoes, **mustard**, iceberg lettuce

Wednesday 25/11/2026



Soup	**Poultry cream soup "kaldoun"** 7, 9 chicken, **cream**, onion, **celeriac**, parsley root, carrot, mace, bay leaf, black pepper, salt
Menu 1 / Early Years	**Pasta with chicken and creamy herb sauce** 1, 3, 7, 11 **pasta**, **cream**, chicken, **Parmesan**, oil, **butter**, herbs, spice blend (**sesame**), salt
Menu 2	**Turkey oreganata** 0 + Jasmine rice 0 turkey, olive oil, lemon, parsley, oregano, garlic, salt + rice, oil, salt
Menu 3 vegetarian	**Baked zucchini with tomatoes and parmesan** 7 VEG + Cous cous 1 zucchini, tomatoes, **mozzarella**, **parmesan**, basil, olive oil, garlic + **couscous**, olive oil, caraway, salt
Menu 4 diet*	**Turkey oreganata** 0 + Jasmine rice 0 turkey, olive oil, lemon, parsley, oregano, garlic, salt + rice, oil, salt
Salad	**Lentil-bulgur bowl with chicken meat, egg and cauliflower** 1, 3, 12 **bulgur**, cauliflower, chicken (gyros seasoning, grill seasoning), lentils, **egg**, rice vinegar, sugar, sun-dried tomato pesto (**sun-dried tomatoes**, olive oil, basil), rocket, turmeric, salt
Sandwich	**Reuben sandwich with shredded pork** 1, 3, 7, 10, 12 **sandwich bread**, pork, **sauerkraut**, **BBQ sauce**, **pickled gherkin**, **mayonnaise**, **cheddar**, onion, **mustard**, oil, smoked salt

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Thursday 26/11/2026



Soup	**Cauliflower curry soup** 11 VEG cauliflower, onion, coconut milk, oil, spring onion, sugar, garlic, turmeric, lemon, lemongrass, **sesame oil**, chilli
Menu 1	**Chicken with baby carrots and green beans** 7, 10 + Crushed potatoes 7 chicken, baby carrots, green beans, **butter**, oil, honey, **spices** + potatoes, onion, oil, **butter**, salt
Menu 2 / Early Years	**Rabbit ragout with leek** 1, 7, 9, 12 + Jasmine rice 0 rabbit, **stock**, leek, onion, **flour**, oil, **butter**, **white wine**, thyme, salt + rice, oil, salt
Menu 3 vegetarian	**Wok fried turmeric tofu** 1, 4, 6, 7, 9, 11, 14 VEG + Jasmine rice 0 **cream**, **stock**, tofu (**soya**), **milk**, zucchini, carrot, chickpeas, bamboo shoots, **oyster sauce**, starch, lemon, **soy sauce**, oil, **fish sauce**, sugar, garlic, turmeric, coriander, **sesame oil** + rice, oil, salt
Menu 4 diet*	**Chicken with baby carrots and green beans** 7, 10 + Crushed potatoes AF 0 chicken, baby carrots, green beans, **butter**, oil, honey, **spices** + potatoes, lactose-free **milk**, spring onion, chives, salt
Salad	**Salad with baked pumpkin and mozzarella** 7, 12 VEG pumpkin, carrot, iceberg lettuce, radicchio, buckwheat, **mozzarella**, olive oil, honey balsamic dressing (**balsamic vinegar**, honey, olive oil)
Sandwich	**Caesar tortilla** 1, 3, 4, 7, 10 VEG **tortilla**, chicken, **egg**, **Parmesan**, romaine lettuce, Caesar dressing (**mayonnaise**, **anchovies**, **mustard**)

Friday 27/11/2026



Soup	**Sweet potato soup with smoked paprika** 7 VEG sweet potatoes, onion, **cream**, rice flour, parsley, oil, smoked paprika, salt
Menu 1 / Early Years	**Chicken tikka masala** 7, 10 + Jasmine rice 0 chicken, tomatoes, tomato purée, red pepper, onion, **cream**, **yoghurt**, oil, tikka masala paste (**mustard**), garlic, ginger, salt + rice, oil, salt
Menu 2 / Early Years 2	**Slovak gnocchi "halušky" with smoked pork meat and cabbage** 1, 3, 10, 12 halušky (potatoes, **flour**, **eggs**), **sauerkraut**, smoked pork, onion, sugar, lard, caraway, parsley
Menu 3 vegetarian	**Chilli con vegetables - beans with vegetables** 0 VEG + Corn nachos 0 tomatoes, beans, bell peppers, onion, lentils, oil, garlic, sugar, chilli, cumin + corn flour, oil, salt
Menu 4 diet*	**Chilli con vegetables - beans with vegetables** 0 VEG + Jasmine rice 0 tomatoes, beans, bell peppers, onion, lentils, oil, garlic, sugar, chilli, cumin + rice, oil, salt
Salad	**Spinach salad with apples and bacon** 10 apples, iceberg lettuce, bacon, spinach, chicory, oil, **mustard**, honey, lemon, chives
Sandwich	**Sandwich with cheese and tzatziki spread** 1, 7 VEG **sandwich bread**, **cream cheese**, cucumber, **Edam**, dill, tzatziki seasoning



Lunch information

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Ordering and cancelling lunches

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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

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Riverside School

MENU 30/11 – 4/12/2026

Zátiší Canteens

Monday 30/11/2026

Soup	**Potato cream with vegetables** 7, 9 VEG potatoes, carrot, onion, **celeriac**, **cream**, oil, **butter**, parsley, mace, salt
Menu 1 / Early Years	**Chicken stir fry with vegetables** 1, 4, 6, 11, 14 + **Jasmine rice** 0 chicken, cabbage, leek, red pepper, **soy sauce**, oil, **oyster sauce** (molluscs), spring onion, starch, bamboo shoots, mung bean sprouts, coriander, **sesame oil**, **fish sauce**, garlic, ginger + rice, oil, salt
Menu 2 / Early Years 2	**Ham with buttered peas** 7 + **Mashed potatoes** 7 pork ham, peas, **butter**, salt + potatoes, **milk**, **butter**, salt
Menu 3 vegetarian	**Potato cones with poppy seeds, sugar and butter** 1, 3, 7 VEG potato dumplings with poppy seed filling (potatoes, **flour**, poppy seeds, sugar, **egg**, **milk**, salt), poppy seeds, **butter**, sugar
Menu 4 diet*	**Ham with stewed peas** 0 + **LF mashed potatoes** 0 pork ham, peas, salt + potatoes, lactose-free **milk**, salt
Salad	**Bulgur salad with olives and Balkan cheese** 1, 7, 12 VEG **bulgur**, **Balkan cheese**, olives, **sun-dried tomatoes**, capers, rocket, lamb's lettuce, basil, spices
Sandwich	**Cheese baguette with salad** 1, 7 VEG **baguette**, **edam**, **cream cheese spread**, **camembert**, **mozzarella**, lamb's lettuce

Tuesday 1/12/2026

Soup	**Chicken broth with alphabet pasta** 1, 3 **alphabet pasta**, chicken stock, onion, parsley root, carrot, oil, allspice, bay leaf, black pepper, parsley, salt
Menu 1 / Early Years	**Gnocchi Amatriciana** 1, 7 gnocchi (potatoes, **flour**), tomatoes, bacon, onion, **parmesan**, pork ham, **butter**, oil, garlic, basil, chilli, salt
Menu 2	**Chicken leg on vegetables** 11 + **Jasmine rice** 0 chicken leg, cabbage, zucchini, carrot, onion, bell pepper, sweetcorn, **spices** + rice, oil, salt
Menu 3 vegetarian	**Boiled egg with dill sauce** 3, 7, 9 VEG + **Bread dumplings** 1, 3, 7 **milk**, **eggs**, onion, **cream**, rice flour, dill, sugar, carrot, vinegar, **celery**, **butter**, spices + **flour**, **milk**, yeast, **bread**, **egg**
Menu 4 diet*	**Chicken leg on vegetables** 11 + **Jasmine rice** 0 chicken leg, cabbage, zucchini, carrot, onion, bell pepper, sweetcorn, **spices** + rice, oil, salt
Salad	**Pasta salad with roasted vegetables and yoghurt** 1, 3, 7 **pasta**, carrot, bell peppers, **yoghurt**, onion, zucchini, parsley, olive oil, gyros seasoning
Sandwich	**Chefs tortilla** 1, 3, 7, 10 **tortilla**, **edam**, pork ham, tomatoes, **yoghurt**, **mayonnaise**, **egg**, lettuce, tomato purée, sugar, salt

Wednesday 2/12/2026

Soup	**Cauliflower soup with vegetables** 0 VEG cauliflower, potatoes, onion, carrot, parsley root, parsley, salt
Menu 1 / Early Years	**Chilli con carne AF** 0 + **Corn nachos** 0 beef, tomatoes, beans, onion, red pepper, oil, tomato purée, sugar, coriander, garlic, chilli, cumin, salt + corn flour, oil, salt
Menu 2 / Early Years 2	**Pork with mushrooms** 1, 7 + **Crushed potatoes** 7 pork, mushrooms, onion, **flour**, oil, dried porcini, **butter**, thyme, caraway, salt + potatoes, onion, oil, **butter**, salt
Menu 3 vegetarian	**Baked potatoes with broccoli, cauliflower and cheese** 7 VEG potatoes, broccoli, cauliflower, **cream**, **edam**, starch, mace, black pepper, salt
Menu 4 diet*	**Chilli con carne AF** 0 + **Jasmine rice** 0 beef, tomatoes, beans, onion, red pepper, oil, tomato purée, sugar, coriander, garlic, chilli, cumin, salt + rice, oil, salt
Salad	**Caesar salad with grilled chicken** 1, 3, 4, 6, 7, 10, 12, 14 romaine lettuce, **chicken**, **egg**, bacon, **parmesan**, **croutons**, **mayonnaise**, **anchovies**, olive oil, **mustard**, garlic, spices, **white balsamic vinegar**
Sandwich	**Caprese sandwich** 1, 7 VEG **sandwich bread**, tomatoes, **mozzarella**, basil pesto (basil, oil, **parmesan**, salt)

Riverside School

MENU 30/11 – 4/12/2026

Zátiší Canteens

Thursday 3/12/2026



Soup	**Kulajda - creamy dill and mushroom soup** 3, 7 VEG potatoes, **milk**, mushrooms, onion, **cream**, **egg**, oil, sugar, dill, vinegar, rice flour, salt
Menu 1 / Early Years	**Pasta with tomato sauce and basil** 1, 3, 7 VEG **pasta**, tomatoes, **parmesan**, onion, oil, sugar, basil, garlic, spices
Menu 2 / Early Years 2	**Herb tilapia with pea purée and stewed vegetables** 4, 7 **tilapia**, peas, sweetcorn, green beans, cauliflower, **butter**, olive oil, parsley, lemon, dill, mint, spices
Menu 3 vegetarian	**Cauliflower patties with yoghurt dip** 1, 3, 7 VEG + Crushed potatoes 7 cauliflower, **yoghurt**, onion, **breadcrumbs**, **milk**, **egg**, lemon, **flour**, olive oil, parsley, turmeric, spices + potatoes, onion, oil, **butter**, salt
Menu 4 diet*	**GF pasta with tomato-basil sauce** 0 VEG gluten-free **pasta**, tomatoes, oil, onion, sugar, basil, garlic, salt
Salad	**Mixed salad with sundried tomatoes** 7, 12 VEG cucumber, iceberg lettuce, bell peppers, olives, **sun-dried tomatoes**, **parmesan**, tomatoes
Sandwich	**Sandwich with pulled pork and cheddar** 1, 3, 7, 10, 12 **sandwich bread**, pork, **cheddar**, iceberg lettuce, **BBQ sauce**, **mayonnaise**, onion, oil, smoked salt

Friday 4/12/2026



Soup	**Beef broth with vegetables and noodles** 1, 3, 9 noodles (**flour**, **eggs**), beef, carrot, **celery**, parsley root, onion, parsley, oil, garlic, allspice, bay leaf, spices
Menu 1 / Early Years	**Chicken in paprika sauce** 7 + Pasta 1, 3 chicken, **cream**, onion, rice flour, oil, **butter**, ground paprika, salt + pasta (**flour**, **eggs**), oil, salt
Menu 2	**Pork schnitzel with gherkin** 1, 3, 7, 10, 12 + Mashed potatoes 7 pork, **breadcrumbs**, **gherkin**, **milk**, **flour**, **egg**, oil, spices + potatoes, **milk**, **butter**, salt
Menu 3 vegetarian	**Frittata with leek and zucchini and mixed leaf salad** 3, 7 VEG leek, zucchini, potatoes, mixed salad leaves, **cream**, **eggs**, tomatoes, garlic, basil, salt
Menu 4 diet*	**Chicken in paprika sauce** 0 + Gluten-free pasta 0 chicken, onion, rice flour, oil, ground paprika, salt + gluten-free **pasta**, oil, salt
Salad	**Greek salad** 7 VEG cucumber, tomatoes, bell peppers, **Balkan cheese**, olives, onion, olive oil
Sandwich	**Baguette with chicken, Camembert and lamb's lettuce** 1, 7 **baguette**, chicken (gyros seasoning, grill seasoning), **camembert**, **cream cheese spread**, lamb's lettuce



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