Lycée Français de Prague

MENU 9/11 – 13/11/2026

Zátiší Canteens

Monday 9/11/2026



Soup	**Pumpkin cream soup with ginger** 7 VEG Hokkaido pumpkin, **milk**, carrot, onion, **cream**, rice flour, ginger, oil, lemon juice, honey
Menu 1 / Menu nursery	**Chicken slice with pepper coulis** 0 + **Egg barley pasta with basil and arugula** 1, 3 chicken, tomatoes, red pepper, onion, oil, tomato purée, sugar, basil + **tarhonya** (**pasta**), rocket, basil, olive oil
Menu 2	**Pork roast with bacon** 10 + **Smashed potatoes** 0 pork, onion, bacon, rice flour, **mustard**, oil, spices + potatoes, oil, spring onion, chives
Menu 3 vegetarian	**Vegetable casserole** 0 VEG + **Jasmine rice** 0 zucchini, parsley root, carrot, green lentils, beans, onion, oil, white wine, garlic, thyme, coriander, garam masala, turmeric, ginger, spices + rice, oil
Menu 4 diet*	**Pork roast with bacon** 10 + **Smashed potatoes** 0 pork, onion, bacon, rice flour, **mustard**, oil, spices + potatoes, oil, spring onion, chives
Salad	**Niçoise salad** 3, 10 VEG potatoes, green beans, **egg**, tomatoes, olive oil, parsley, **mustard**, spring onion, basil, lemon juice
Sandwich	**Baguette with ham, cheese and egg** 1, 3, 7 **baguette**, tomatoes, pork ham, **cream cheese spread**, **edam**, **egg**, lamb's lettuce

Tuesday 10/11/2026



Soup	**Mushroom cream soup with potatoes and thyme** 7 VEG **milk**, mushrooms, potatoes, **cream**, rice flour, oil, **butter**, thyme, caraway
Menu 1	**Indian butter chicken** 7, 10 + **Jasmine rice** 0 chicken breast, **cream**, **milk**, tomato purée, **yoghurt**, oil, **butter**, sugar, **tikka masala paste**, garlic, garam masala, ginger, tandoori masala + rice, oil
Menu 2 / Menu nursery	**Roast turkey pieces with spinach** 3 + **Potato dumplings** 1, 3 turkey, spinach, onion, oil, rice flour, garlic, **egg**, black pepper + potatoes, **flour**, semolina, **eggs**
Menu 3 vegetarian	**Peperonata – Italian pepper and tomato stew** 0 VEG + **Herb couscous** 1 bell peppers, tomatoes, onion, olive oil, sugar, garlic, basil, spices + **couscous**, olive oil, caraway
Menu 4 diet*	**Peperonata – Italian pepper and tomato stew** 0 VEG + **Jasmine rice** 0 bell peppers, tomatoes, onion, olive oil, sugar, garlic, basil, spices + rice, oil
Salad	**Chef salad** 1, 3, 7, 10 iceberg lettuce, tomatoes, cucumber, pork ham, **edam cheese**, **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 11/11/2026



Soup	**Goulash soup (beef and paprika soup)** 9 **beef stock**, potatoes, beef, onion, rice flour, oil, garlic, ground paprika, marjoram, caraway
Menu 1 / Menu nursery	**Beef strips in Provençal herbs** 0 + **Roasted potatoes** 0 beef, onion, tomato purée, rice flour, oil, thyme, basil, oregano, rosemary, marjoram + potatoes, oil, steak seasoning
Menu 2	**Pan-seared chicken fillet with a side salad** 0 + **Herb spätzle** 1, 3 chicken, Chinese cabbage, iceberg lettuce, carrot, cucumber, tomatoes, oil, steak seasoning + spätzle (**wheat flour**, **eggs**), parsley, thyme, rosemary, oil
Menu 3 vegetarian	**Vegetable risotto with cheese** 7, 9 VEG rice, bell pepper, tomatoes, **celeriac**, carrot, onion, **edam cheese**, peas, sweetcorn, tomato purée, oil, parsley, spices
Menu 4 diet*	**Beef strips in Provençal herbs** 0 + **Roasted potatoes with garlic and rosemary** 0 beef, onion, tomato purée, rice flour, oil, thyme, basil, oregano, rosemary, marjoram + potatoes, oil, garlic, rosemary
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 (beef, olive oil, Worcestershire sauce, Amazon spice mix, pepper), onion, **butter**, lamb's lettuce, **sun-dried tomatoes**, olive oil, **creamed horseradish**, balsamic glaze

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Thursday 12/11/2026



Soup	**Potato soup with pearl barley** 1, 7, 9 VEG potatoes, onion, broccoli, **celeriac**, carrot, mushrooms, pearl barley, oil, **butter**, **flour**, garlic, marjoram, caraway, black pepper
Menu 1 / Menu nursery	**Pasta with tomato sauce, basil and ricotta** 1, 3, 7 VEG tomatoes, **pasta**, ricotta, **parmesan**, onion, oil, sugar, basil, garlic, spices
Menu 2	**Frankfurt-style roast pork** 1, 7 + **Bread dumplings** 1, 3, 7 pork, onion, frankfurters, **cream**, **flour**, oil, ground paprika, **butter**, spices + **flour**, **milk**, yeast, **bread**, **egg**
Menu 3 vegetarian	**Vegetable medley Jamie Oliver** 0 VEG + **Jasmine rice** 0 **butternut** squash, cauliflower, bell peppers, coconut milk, tomatoes, zucchini, onion, red lentils, mushrooms, carrot, oil, ginger, garlic, coriander, garam masala, turmeric, cinnamon, caraway, ground paprika, spices + rice, oil
Menu 4 diet*	**Gluten-free pasta with tomato sauce and basil** 0 VEG tomatoes, gluten-free **pasta**, oil, onion, sugar, basil, garlic
Salad	**Kenya green bean salad** 0 green beans, bell peppers, sweetcorn, bacon, onion, spring onion, garlic
Sandwich	**Smoked salmon tortilla** 1, 4, 7 **tortilla**, **smoked salmon**, iceberg lettuce, **soft dairy spread**, cucumber, chives

Friday 13/11/2026



Soup	**Beef broth with meat and vegetables** 9 **beef stock**, carrot, beef, **celeriac**, onion, parsley root, parsley, allspice, bay leaf, spices
Menu 1 / Menu nursery	**Chicken nuggets / strips** 1, 3, 7 + **Mashed potatoes** 7 chicken, oil, **breadcrumbs**, **milk**, **flour**, **egg** + potatoes, **milk**, **butter**
Menu 2	**Ham on the bone with stewed peas** 0 + **Boiled potatoes** 0 pork ham, peas + potatoes, parsley
Menu 3 vegetarian	**Cauliflower and pea masala** 0 VEG + **Pita bread** 1 cauliflower, onion, peas, tomatoes, ginger, oil, coriander, garlic, kasuri methi, cumin, black cardamom, turmeric, spices + **flour**, water, yeast, oil
Menu 4 diet*	**Ham on the bone with stewed peas** 0 + **Boiled potatoes** 0 pork ham, peas + potatoes, parsley
Salad	**Poke salad with fava beans** 11 VEG sushi 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

Every day lunch includes **soup, bread, water and a salad bar** with freshly cut vegetables and fruit, salads and cheese.

In addition, every week we offer **2× a sweet dessert, 2× a piece of fruit and 1× yoghurt or a smoothie**.

Your child does not eat pork? On days when Menu 1 contains pork, choose Menu 2, 3 or 4.

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.

Ordering and cancelling lunches

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