

Monday

Soup
Main 1
Main 2
MENU VEG.
MENU DIET*
PM Snack
Salad
Sandwich

Tuesday

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Wednesday

Soup	VEG	Red lentil and chickpea soup	(chickpea, red lentil, onion, peeled tomatoes, coriander)
Main 1		Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, cream , pita bread)
Main 2	NESSIE 1 ÚVOZ	Chinese twice cooked pork with rice	(pork meat, ginger, soya sauce , potato starch , onion, leek, pepper, rice)
MENU VEG.	VEG NESSIE 2	Cauliflower patties with cheese, pumpkin purée and butter corn	(cauliflower, egg , breadcrumbs , herbs, cheddar cheese , corn, butter , pumpkin, potatoes, milk)
MENU DIET*		Chicken gyros with rice pilaf	(chicken meat, gyros spice, rice, carrot, chickpea, spring onion, coriander)
PM Snack	VEG	Blueberry yogurt	(yogurt , honey, blueberries)
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		Creamy turkey soup with vegetable	(turkey meat, celery , carrot, parsley, butter , flour , cream , milk)
Main 1		Chicken strips with creamy herbs sauce and rice	(chicken breast, cream , oil, thyme, parsley, marjoram, butter , garlic, rice)
Main 2	NESSIE 1 ÚVOZ	White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber	(white fish , dried tomatoes, basil, potatoes, milk , butter cucumber, dill)
MENU VEG.	VEG NESSIE 2	Spinach frittata with salad	(potatoes, spinach, cream , egg , onion, cheddar cheese)
MENU DIET*		Pork risotto and gherkins	(pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin)
PM Snack	VEG	Buckwheat baguette with cheese and cucumber	(baguette , butter , cheese , cucumber)
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	Czech kulajda	(cream , eggs , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, flour)
Main 1	NESSIE 1 ÚVOZ	Spaghetti Bolognese	(pasta , beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée, parmesan cheese)
Main 2	NESSIE 2	Roast pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread , yeast, milk)
MENU VEG.	VEG NESSIE VEG	Palak paneer with rice	(paneer cheese , onion, spinach, garlic, cream , spice, herbs, rice)
MENU DIET*		GF Spaghetti Bolognese	(GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, celery , bayleaves, tomato purée)
PM Snack	VEG	Cocoa cake with cottage cheese	(flour , egg , milk , cottage , sugar, cocoa, starch)
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)



Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream , tarhoňa pasta , garlic, onion, carrot, celery , peeled tomatoes, basil)
Main 1	NESSIE 1 ÚVOZ	Chicken strips with cheddar cheese and mashed potatoes	(chicken meat, cheddar cheese, butter, cream, milk, potato starch , potatoes)
Main 2		Shepherd´s pie with beef	(potatoes, beef, milk , peas, cheddar cheese , carrot, onion, celery stalk , oil, butter , tomato purée, salt, worchester sauce , bay leaf, cloves)
MENU VEG.	VEG NESSIE VEG	Bulgureto with vegetable and cheese	(bulgur , carrot, celery, pea, corn, chickpea, cheese , crushed tomatoes)
MENU DIET*		Beef ragout with peas and rice	(beef meat, onion, carrot, celery stalks , tomato purée, worchester , rice)
PM Snack	VEG	Cottage cheese cake with raisins	(flour, egg, butter, milk, cottage cheese, baking powder , sugar, oil, raisins)
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		Turkey consommé with noodles	(turkey, carrot, celery , onion, parsley, noodles)
Main 1	NESSIE 1	Gnocchi with turkey meat in creamy spinach sauce	(gnocchi , turkey meat, spinach, garlic, onion, cream)
Main 2	ÚVOZ	Pork goulash with bread dumplings	(pork meat, flour , onion, ground paprika, garlic, marjoram, egg, milk, yeast , bread)
MENU VEG.	VEG NESSIE VEG	Greek zucchini cake with feta cheese and beetroot salad	(zucchini, onion, dill, cheese, butter , oil, egg , beetroot, salad)
MENU DIET*		Roast chicken strips with vegetable and corn nachos	(chicken meat, beans, peppers, corn, rice)
PM Snack	VEG	Homemade pear purée	(pears, apples, cinnamon, sugar)
Salad	VEG	Pasta salad with fresh vegetable 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	VEG	Minestrone soup	(celery , onion, zucchini, carrot, tomato, olive oil)
Main 1		Roast beef in "frankfurtská" sauce with sausages and rice	(beef meat, beef consommé , onion, sausage, cream, flour, butter, milk , oil, ground paprika, rice)
Main 2	NESSIE 1 ÚVOZ	BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, BBQ sauce , lettuce, potatoes, oil)
MENU VEG.	VEG NESSIE VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs , vanilla pudding , milk)
MENU DIET*		Tuna rissoto	(tuna , rice, pea, corn, carrot, turmeric, spring onion, herbs)
PM Snack		Breadroll with ham and cucumber	(breadroll , ham, cucumber, spread butter)
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		Creamy kale soup with potatoes and sausage	(kale, onion, caraway seed, flour, sausage, cream , bayleaves, potatoes)
Main 1	VEG NESSIE 1	Pasta with tomato-basil sauce	(pasta, cheese , oil, tomatoes, onion, garlic, basil)
Main 2	NESSIE 2 ÚVOZ	Turkey tikka masala wrap with corn salad and sour cream	(turkey meat, yogurt , onion, graound paprika, tikka masala paste, vindaloo, corn, spring onion, sour cream, tortilla)
MENU VEG.	VEG NESSIE VEG	Broccoli patties with mashed potatoes and steamed corn	(broccoli, egg, breadcrumbs , herbs, cheddar cheese , corn, butter , potatoes, milk)
MENU DIET*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
PM Snack		Pizza with bacon	(puff pastry , bacon , cheese, tomatoes)
Salad		Poke salad with smoked salmon and yellow radish	(sushi rice, smoked salmon , yellow radish, pea, red cabbage, lime, coriander, sprouts, lamb´s lettuce)
Sandwich		Caesar wrap	(tortilla , romaine lettuce, spice gyros,chicken meat eggs, parmesan cheese, mayonnaise , anchovies , mustard)

Friday

Soup	VEG	Lentil soup	(lentils, flour, onion, garlic, vinegar, marjoram)
Main 1	NESSIE 1 ÚVOZ	Minced pork schnitzel with mashed potatoes and gherkin	(pork meat, flour, egg, breadcrumbs , potatoes, milk, butter)
Main 2		Jamie Oliver´s turkey curry with rice	(turkey , zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Main 3	VEG NESSIE VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella, pita bread)
MENU DIET*		Jamie Oliver´s turkey curry with rice	(turkey , zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack	VEG	Plun sponge cake	(flour, egg , sugar, butter, milk , plums, vanilla)
Salad		Spinach salad with apples and bacon	(baby spinach, apples, bacon, chives, honey, mustard , lettuce, olive oil)
Sandwich		Sandwich with roastbeef and smoked cheese	(sandwich bread , roastbeef, mayonnaise, mustard , gherkin, cheese , rucola)

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Monday

Soup	VEG	Vegetable cream	(carrot, parsley, celery , leek, potatoes, butter , cream , spice)
Main 1	NESSIE 1 ÚVOZ	BBQ meatballs with mashed potatoes and green pea	(beef meat, pork meat, flour , eggs , milk , breadcrumbs , butter , BBQ sauce, crushed tomatoes, smoked paprika, onion, carrot, celery , potatoes, green pea)
Main 2		Beef with creamy dill sauce and bread dumplings	(beef meat, cream , dill, egg , flour , bread , yeast , milk)
MENU VEG.	VEG NESSIE VEG	Wok fried turmeric tofu with vegetable and saffron bulgur	(tofu , cream , soya sauce , lemon grass, ginger, turmeric, saffron, bulgur)
MENU DIET*		Baked beef with provencal herbs and rice	(beef meat, rice flour , thyme, rosemary, oregano, basil, marjoram, onion, tomatoes, rice)
PM Snack	VEG	Chocolate donut	(egg , flour , yeast , chocolate , baking powder , sugar, butter , oil)
Salad	VEG	Bulgur salad with olives and cheese	(bulgur , capers, 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	VEG	Cream of mushrooms	(cream , mushrooms, onion, flour , thyme)
Main 1	NESSIE 1 ÚVOZ	Chicken risotto with vegetable, cheese and gherkin	(chicken meat, rice, onion, carrot, pea, corn, celery , cheese , tomato purée, ground paprika, gherkin)
Main 2		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat , butter , peppers, onion, garlic, marjoram, potato starch, potatoes, dill)
MENU VEG.	VEG NESSIE VEG	Sweet potatoes curry with pea pods and rice	(sweet potatoes, onion, string pea, olive oil, red curry, pepper, spice, tomatoes, coconut milk , chickpea, potato starch, rice)
MENU DIET*		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, oil, peppers, onion, garlic, marjoram, potatoe starch, potatoes, dill)
PM Snack	VEG	Cheesy "snail"	(flour , yeast, egg , milk , cheese)
Salad	VEG	Pasta salad with baked vegetable and yogurt	(pasta , yogurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	(tortilla , lettuce, egg , ham, cheese , yoghurt , tomato purée, tomatoes)

Wednesday

Soup		Garlic soup with bacon and egg	(garlic, celery , carrot, parsley, beef meat, bacon, potatoes, egg , marjoram)
Main 1	NESSIE 1 ÚVOZ	Pasta with turkey meat in creamy pumpkin sauce	(pasta , turkey meat, cream, milk, pumpkin, cheese)
Main 2		Segedin goulash with bread dumplings	(pork meat, cabbage, onion, flour , cream , caraway seed, yeast, eggs , bread , milk)
MENU VEG.	VEG NESSIE VEG	Fruit dumplings with strawberries and cottage cheese	(flour , yeast, egg , milk , cottage cheese , strawberries, sugar, butter)
MENU DIET*		Gyros mix with rice pilaf	(turkey meat, pork meat, gyros spice, salt, oil, rice, herbs, onion, carrot, chickpea, ground paprika)
PM Snack		Czech open-faced ham sandwich	(bread , ham, egg , butter , gherkin)
Salad	VEG	Salad with baked sweet potatoes, beetroot and feta cheese	(sweet potatoes, beetroot, carrot, parsnip, pumpkin seeds, balsamic dressing, feta cheese)
Sandwich	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)

Thursday

Soup		Chicken consommé with noodles	(celery , carrot, parsley, noodles , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Chicken in red peppers coulis sauce with tarhoña pasta with basil and rucola	(chicken meat, red peppers, onion, crushed tomatoes, garlic, tarhoña pasta , basil, rucola, olive oil)
Main 2	NESSIE 2	Sour lentil with smoked pork	(lentils, smoked pork meat, onion, vinegar, flour , lard, sugar)
MENU VEG.	VEG NESSIE VEG	Paneer tikka masala with rice	(paneer cheese , onion, garlic , yoghurt , vindaloo, pepper, tomatoes, cream , garlic, rice)
MENU DIET*		Chicken in red peppers coulis sauce with rice	(chicken meat, red peppers, onion, crushed tomatoes, garlic, rice)
PM Snack		Croissant with rucola and chicken ham	(croissant , chicken ham, rucola)
Salad	VEG	Salad with veggie balls	(cous cous , iceberg lettuce, chickpea, gherkin, red onion, salsa fresca, parsley dressing, tahini paste , oil, soya , flour, garlic, potato starch , egg , milk , rosemary, ground paprika, beetroot)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worchester , smoked salt)

Friday

Soup		Goulash soup	(beef meat, garlic, marjoram, flour , cumin, ground pepper)
Main 1	NESSIE 1 ÚVOZ	Chicken patties with mashed potatoes and baby carrot	(chicken meat, ketchup, cream , butter , potatoes, milk , baby carrot)
Main 2	NESSIE 2	Adobo Fish with rice pilaf	(tilapia fish , rice vinegar, soya sauce , spring onion, vinegar, sugar, garlic, bay leaf, rice, chickpea, carrot, turmeric, coriander)
Main 3	VEG NESSIE VEG	Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomato, oil, parsley, thyme, corn nachos)
MENU DIET*		Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomato, oil, parsley, thyme, corn nachos)
PM Snack	VEG	Homemade cheese cake	(flour , egg , milk , potato starch, cottage cheese , sugar)
Salad	VEG	Italian cous cous	(cous cous , lettuce, rucola, mozzarella , dried tomatoes, leccino olives, sunflower seeds, basil pesto, lime dressing, parsley oil)
Sandwich		Baguette with chicken meat, camembert and lettuce	(baguette , chicken meat, mayonnaise , soft cheese , lettuce, camember)

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fresh & tasty
by Záhř Group

Monday			
Soup	VEG	Tomato with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, celery)
Main 1	NESSIE 1 ÚVOZ	Pork tenderloin strips in creamy bacon sauce with mashed potatoes	(pork tenderloin, bacon, cream, milk, butter , potato starch, potatoes)
Main 2	NESSIE 2	Beef meat with garlic sauce and spaetzle	(beef meat, onion, garlic, flour, oil, pepper, salt, potatoes, milk, egg)
MENU VEG.	VEG NESSIE VEG	Cantonese rice with vegetables	(rice, egg , leek, peppers, spring onion, zucchini, carrot, soya sauce)
MENU DIET*		Baked pork cutlet with crushed potatoes and pea	(pork meat, onion, herbs, potatoes, LF milk, green pea)
PM Snack	VEG	Homemade müsli bar	(oat flakes , honey, raisins, dried apples, cinnamon, oil, sunflower seeds)
Salad	VEG	Nicoise	(potatoes, beans pods, olives, tomatoes, parsley)
Sandwich		Baguette with ham, cheese and egg	(baguette , pork ham, cheese, eggs , tomato, soft cheese)
Tuesday			
Soup		Chicken consommé with vegetable	(carrot, parsley, celery , onion, eggs , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Beef goulash with bread dumplings	(beef meat, flour , onion, ground paprika, garlic, marjoram, egg, milk , yeast, bread)
Main 2	NESSIE 2	Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
MENU VEG.	VEG NESSIE VEG	Pumpkin frittata with spinach	(pumpkin, garlic, balcan cheese, egg, cream, milk)
MENU DIET*		Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
PM Snack	VEG	Chia bread with chives spread	(chia bread , chives, spread butter , spring onion, cottage cheese , radishes)
Salad		Chef's salad	(lettuce, tomato, cucumber, ham, egg, cheese, bread, yoghurt , tomato purée, mayonnaise)
Sandwich	VEG	Baguette with basil pesto, tomatoes and mozzarella	(baguette, mozzarella , tomatoes, basil, parmesan cheese , garlic)
Thursday			
Soup	VEG	Oyster mushrooms soup	(onion, oyster mushroom, garlic, ground paprika, marjoram)
Main 1	NESSIE 1 ÚVOZ	Baked pork with creamy red paprika sauce and pasta	(pork meat, onion, butter , ground paprika, flour, cream , herbs, pasta, egg)
Main 2	NESSIE 2	Chicken leg with vegetables and mashed potatoes	(chicken meat, carrot, cabbage, onion, zucchini, peppers, corn, potatoes, milk, butter)
MENU VEG.	VEG NESSIE VEG	Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, vindaloo , tomato, coriander, rice)
MENU DIET*		Lentil and cauliflower dhal with baked potatoes	(lentils, rice, cauliflower, onion, garlic, vindaloo , tomato, coriander, potatoes)
PM Snack		Wholegrain breadroll with chicken ham and lettuce	(wholegrain breadroll , butter , chicken ham, lettuce)
Salad	VEG	Mexican street corn salad "Esquites"	(corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
Sandwich		Baguette with roastbeef	(baguette , dried tomatoes, onion, butter, mustard , roastbeef, amazon spice, horseradish)
Thursday			
Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, flour , sausage, cream , bayleaves, ground paprika, potatoes)
Main 1	NESSIE 1	Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, flour, eggs, milk, breadcrumbs, butter , cranberries, onion, carrot, celery)
Main 2	ÚVOZ	Wok fried turmeric chicken with rice	(chicken meat, cream , lemongrass, garlic, fish sauce, oyster sauce , turmeric, sesame oil , rice)
MENU VEG.	VEG NESSIE VEG	Barley with roasted vegetables	(pearl barley , aubergine, zucchini, peppers, onion, coriander)
MENU DIET*		Baked cod fish with herbs, baked potatoes and baby carrot	(cod , herbs, oil, herbs, potatoes, baby carrot)
PM Snack		Pizza donut ala carbonara	(milk, flour, eggs , yeast, bacon, cream , onion, cheese)
Salad	VEG	Quinoa salad with vegetable and sesame seeds	(quinoa, sesame seeds , carrot, cucumber, green beans, spring onion, coriander, orange, rice vinegar, soy sauce)
Sandwich		Wrap with with smoked salmon	(tortilla, smoked salmon, cream cheese , rucola, lettuce, lemon, dill)
Friday			
Soup	VEG	Zucchini soup	(onion, zucchini, potatoes, cream, basil, garlic)
Main 1	NESSIE 1 ÚVOZ	Turkey tikka masala with rice	(turkey meat, onion, garlic, yogurt , vindaloo, pepper, tomatoes, cream , garlic, rice)
Main 2	NESSIE 2	Fried beef and pork patties with mashed potatoes and gherkin	(pork meat, beef meat, garlic, onion, marjoram, breadcrumbs, eggs, flour , potatoes, milk, butter, gherkin)
Main 3	VEG NESSIE VEG	Pasta with tomato sauce and roasted zucchini	(pasta , onion, garlic, peeled tomatoes, zucchini, cheese)
MENU DIET*		GF pasta with tomato sauce and roasted zucchini	(GF pasta, onion, garlic, peeled tomatoes, zucchini)
PM Snack		Semolina porridge with chocolate topping	(semolina, milk , vanilla sugar, sugar, butter, chocolate , cocoa)
Salad	VEG	Poke salad with fava beans and pickled vegetables	(sushi rice, vinegar, fava beans, pumpkin, carrot, cucumber, radicchio lettuce, sprouts, lime)
Sandwich		Egg sandwich	(sandwich bread, eggs, mayonnaise , chives)

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