

## Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream, tarhoňa pasta, garlic, onion, carrot, celery, peeled tomatoes, basil)
Main 1	NESSIE 1	Grilled turkey breast with baked sweet potatoes and corn salad	(turkey meat, sweet potatoes, fresh herbs, corn, pepper)
Main 2	NESSIE 2 ÚVOZ	Pork goulash with wholegrain pasta	(pork meat, flour, onion, ground paprika, garlic, marjoram, wholegrain pasta)
Main 3	VEG NESSIE VEG	Cauliflower masala with with rice	(cauliflower, spice, herbs, rice, red lentil)
MENU DIET*		Grilled turkey breast with baked sweet potatoes corn salad	(turkey meat, sweet potatoes, fresh herbs, corn, pepper)
PM Snack	VEG	Homemade wholegrain muffin with banana and coconut	(egg, wholegrain flour, banana, coconut, baking powder, sugar, butter, oil)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese, olive oil)
Sandwich	VEG	Baguette with cheese and salad	(baguette, mozzarella, edam cheese, camembert cheese, lettuce)

## Tuesday

Soup	VEG	Czech potato soup	(potatoes, celery, onion, garlic, cumin, marjoram, flour, carrot, mushrooms)
Main 1	NESSIE 1 ÚVOZ	Chicken leg with vegetables and carrot purée	(chicken meat, carrot, cabbage, onion, zucchini, peppers, corn, potatoes, milk, butter)
Main 2		Chilli con carne with corn nachos	(beef meat, beans, onion, tomato, garlic, coriander, corn nachos)
Main 3	VEG NESSIE VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs, vanilla pudding, milk)
MENU DIET*		Chilli con carne with rice	(beef meat, beans, onion, tomato, garlic, coriander, corn rice)
PM Snack	VEG	Homemade pear purée	(pears, apples, cinnamon, sugar)
Salad	VEG	"Farmer's" salad with baked chickpea and tofu	(mix of leaves salad, beetroot, corn, grenaille potatoes, tofu, baked chickpea, herbs dressing)
Sandwich	VEG	Wrap with mozzarella, tomatoes and olives	(tortilla, iceberg lettuce, rucola, mozzarella, tomatoes, dried tomatoes pesto, olives)

## Wednesday

Soup		Chicken consommé with pasta	(celery, carrot, onion, parsley, pasta, chicken meat)
Main 1	ÚVOZ	Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, cream, pita bread)
Main 2	NESSIE 1	Beef with tomato sauce and pasta	(beef meat, tomatoes, celery, bay leaves, sugar, flour, cinnamon, oil, pasta)
Main 3	VEG NESSIE VEG	Stir fried vegetables with tofu and rice	(bamboo sprouts, tofu, rice, coriander, zucchini, onion, garlic, carrot, ginger)
MENU DIET*		Chicken gyros with baked potatoes and cucumber salad	(chicken meat, gyros spice, potatoes, oil, cucumber, vinegar)
PM Snack	VEG	Wholegrain bun with cheese and cucumber	(wholegrain bun, butter, cheese, cucumber)
Salad		Panzanella (Italian tomato salad with croutons)	(tomatoes, cherry tomatoes, peppers, red onion, anchovies, croutons, basil, vinegar)
Sandwich	VEG	Sandwich with baby spinach, mozzarella and egg	(sandwich bread, mozzarella, egg, baby spinach, butter)

## Thursday

Soup	VEG	Chickpea soup with rosemary	(chickpea, tomato purée, rosemary, garlic)
Main 1	NESSIE 1	Fish fingers with mashed potatoes and steamed pea	(white fish, eggs, flour, milk, breadcrumbs, potatoes, pea)
Main 2	NESSIE 2 ÚVOZ	Beef meat with garlic sauce spinach and potato dumplings	(beef meat, onion, garlic, flour, oil, pepper, salt, potatoes, milk, egg)
Main 3	VEG NESSIE VEG	Barley with roasted vegetables and fried tofu	(pearl barley, aubergine, zucchini, peppers, onion, coriander, tofu)
MENU DIET*		Baked white fish with chickpea, zucchini and dried tomatoes	(white fish, herbs, chickpea, zucchini, dried tomatoes)
PM Snack	VEG	Water melon	
Salad	VEG	Spinach salad with apples and egg	(baby spinach, apples, eggs, chives, honey, mustard, lettuce, olive oil)
Sandwich		Baguette with Prague ham and gherkin	(baguette, Prague ham, gherkin, horseradish, butter spread, lettuce)

## 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)
Main 2	NESSIE 2	Natural minced pork schnitzel with mashed potatoes and corn	(pork meat, flour, egg, breadcrumb, potatoes, milk, butter, corn)
Main 3	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	Homemade cottage cheese strawberry cake	(flour, egg, sugar, butter, milk, strawberries, cottage cheese, vanilla)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, cream fresh, capers, dill, smoked salmon)
Sandwich	VEG	Sandwich Caprese	(sandwich bread, mozzarella, tomato, basil, rucola)

\* suitable for intolerance to three main allergens (gluten, lactose and eggs)



## Monday

Soup	VEG	Cauliflower soup with eggs and potatoes	(onion, cauliflower, cream, flour, eggs, potatoes)
Main 1	NESSIE 1 ÚVOZ	Spaghetti with meatballs and tomato-basil sauce	(pasta, beef meat, pork meat, onion, garlic, breadcrumbs, egg, herbs, oil, crushed tomatoes, basil, cheese)
Main 2	VEG	Chicken stroganoff with rice	(chicken meat, cream, tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
Main 3	VEG NESSIE VEG	Cantonese rice with vegetables and egg	(rice, egg, leek, peppers, spring onion, zucchini, carrot, soya sauce)
MENU DIET*		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, oil, peppers, onion, garlic, marjoram, potato starch, potatoes, LF milk, dill)
PM Snack	VEG	Apricot cake	(flour, milk, yeast, egg, apricot)
Salad	VEG	Cous cous salad with fresh vegetables and balcan cheese	(cous cous, red peppers, cucumber, tomatoes, coriander, lemon, balcan cheese)
Sandwich		Baguette with smoked salmon	(baguette, smoked salmon, dill, spread butter)

## Tuesday

Soup	VEG	Indian tomato and red lentil soup	(red lentils, cream, tandoori masala, coriander, vindaloo)
Main 1	NESSIE 1 ÚVOZ	Beef goulash with bread dumplings	(beef meat, flour, onion, ground paprika, garlic, marjoram, egg, milk, yeast, bread)
Main 2		Baked white fish with herbs boiled potatoes and steamed pea	(white fish, herb, butter, potatoes, pea)
Main 3	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*		Baked white fish with herbs of mashed potatoes and steamed pea	(white fish, potatoes, LF milk, pea)
PM Snack		Pizza baguette with ham and cheese	(baguette, ham, gouda cheese, corn)
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 - SPORTS DAY

Soup		Beef consommé with vegetable and meat	(celery, carrot, onion, parsley, beef meat)
Main 1	NESSIE 1 ÚVOZ	BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, BBQ sauce, lettuce, potatoes, cabbage, carrot, celery, onion, vinegar, mayonnaise, oil)
Main 2		Slovak gnocchi "halušky" with smoked pork meat and cabbage	(potatoes, eggs, milk, flour, onion, sugar, oil, bacon, cabbage, pork smoked meat)
Main 3	VEG NESSIE VEG	Vegetarian burrito with cheddar cheese and mix of lettuce	(tortilla, lettuce, carrot, onion, sweet potatoes, cauliflower, beans, cheddar cheese, bbq sauce, coriander)
MENU DIET*		Rabbit ragout with leek and rice	(rabbit, onion, leek, flour, butter, thyme, rice)
PM Snack	VEG	Butter croissant	(flour, milk, butter, yeast, baking powder)
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	VEG	Czech pea soup	(pea, onion, garlic, marjoram, garlic)
Main 1	NESSIE 1 ÚVOZ	Chicken wrap with cheese, radicchio salad nad creamy dip	(chicken meat, tortilla, lettuce, peppers, olive oil, fajita spice, white yoghurt, lemon, onion, garlic, coriander)
Main 2		Pork cubes with caraway seeds with spinach spätzle	(pork meat, onion, flour, butter, caraway seeds, spinach spätzle)
Main 3	VEG NESSIE VEG	Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, vindaloo, tomato, coriander, rice)
MENU DIET*		Roast chicken strips with vegetable and corn nachos	(chicken meat, beans, peppers, crushed tomatoes, corn, corn nachos)
PM Snack		Strawberry purée	(strawberries, apples, sugar, lemon juice)
Salad		Caesar salad with chicken eggs, croutons and parmesan cheese	(romaine lettuce, spice, egg, bread, cheese, mayonnaise, anchovies, mustard)
Sandwich	VEG	Sandwich with grilled vegetables and hummus	(sandwich bread, zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, tahini sesame paste, herbs)

## Friday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, flour, sausage, cream, bayleaves, ground paprika, potatoes)
Main 1	NESSIE 1 ÚVOZ	Turkey nuggets with mashed potatoes and corn	(turkey breast, flour, eggs, milk, breadcrumbs, butter, potatoes, corn)
Main 2		Pizza with ham and mushrooms	(flour, milk, oil, yeast, crushed tomatoes, mozzarella, mushrooms, oregano, garlic, sugar)
Main 3	VEG NESSIE VEG	Potato cones with poppy seeds and sugar	(potatoes, flour, milk, butter, eggs, poppy seeds, sugar)
MENU DIET*		Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoe, green olives, onion, lemon, ginger, cinnamon, rice)
PM Snack	VEG	Homemade cocoa cake "Miša"	(egg, sugar, cottage cheese, vanilla sugar, chocolate, butter, cocoa, milk, flour, oil, baking powder)
Salad	VEG	"Farmer's" salad with egg and cottage cheese	(mix of leaves salads, beetroot, corn, grenaille potatoes, egg, chickpea, herbs dressing, cottage cheese)
Sandwich		Tortilla with roastbeef and red cabbage coleslaw salad	(tortilla, roastbeef, red cabbage, carrot, mayonnaise, yoghurt)

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