

Monday

Soup

Main 1

Main 2

Main 3

MENU DIET*

PM Snack

Salad

Sandwich

Tuesday

Soup

Main 1

Main 2

Main 3

MENU DIET*

PM Snack

Salad

Sandwich

Wednesday

Soup	Beef consommé with noodles	(<i>celery, carrot, onion, parsley, noodles, beef meat</i>)
Main 1	NESSIE 1 ÚVOZ Chicken in creamy paprika sauce with pasta	(<i>chicken meat, onion, cream, ground paprika, oil, pasta</i>)
Main 2	NESSIE 2 Pork patties with cabbage, mashed potatoes and baby carrots	(<i>pork meat, cabbage, onion, garlic, marjoram, egg, breadcrumb, flour, potatoes, milk, butter, vegetable</i>)
Main 3	VEG NESSIE VEG Jamie Oliver's vegetarian curry with rice	(<i>zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk</i>)
MENU DIET*	Jamie Oliver's vegetarian curry with rice	(<i>zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk</i>)
PM Snack	VEG Pumpkin breadroll with wild garlic spread	(<i>wholegrain breadroll, pumpkin seeds, wild garlic, spread butter, yogurt</i>)
Salad	VEG "Farmer's" salad with egg	(<i>mix of leaves salad, beetroot, corn, grenaille potatoes, egg, herbs dressing</i>)
Sandwich	Sandwich with horseradish mayonnaise and bacon	(<i>sandwich bread, horseradish, mayonnaise, bacon, tomatoes, egg, lolio biondo</i>)

Thursday

Soup	Frankfurter soup	(<i>onion, sausage, milk, ground paprika, flour</i>)
Main 1	NESSIE 1 ÚVOZ Sweet and sour chicken with vegetables and jasmine rice	(<i>chicken meat, rice, peppers, spring onion, rice vinegar, soya sauce, peeled tomatoes, sugar, potato starch, herbs</i>)
Main 2	VEG NESSIE 2 Fruit dumplings with cottage cheese and butter	(<i>flour, eggs, yeast, yoghurt, fruit, cottage cheese, butter, sugar</i>)
Main 3	VEG NESSIE VEG Baked camembert with sundried tomato crust, salad, and cranberry dip	(<i>camembert cheese, dried tomatoes, olives, mushrooms, parmesan cheese, breadcrumbs</i>)
MENU DIET*	GF Pasta Amatriciana	(<i>GF pasta, crushed tomatoes, smoked pork meat, onion, basil</i>)
PM Snack	Tortilla with ham and cheese	(<i>tortilla, ham, cheese, salad, spread butter</i>)
Salad	Panzanella (Italian tomato salad with croutons)	(<i>tomatoes, cherry tomatoes, peppers, red onion, anchovies, croutons, basil, vinegar</i>)
Sandwich	VEG Sandwich with baby spinach, cheddar cheese and egg	(<i>sandwich bread, cheddar cheese, egg, baby spinach, butter</i>)

Friday

Soup

Main 1 **PUBLIC HOLIDAY**

Main 2

Main 3

MENU DIET*

PM Snack

Salad

Sandwich

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



Monday

Soup	VEG	Carrot and sweet potatoes cream	(carrot, sweet potatoes, onion, butter, cream)
Main 1	NESSIE 1 ÚVOZ	Turkey goulash with bread dumplings	(chicken breast, flour, cream , ground paprika, onion, bread, yeast, milk, egg)
Main 2		Thai beef with basil and rice	(minced beef meat, onion, basil, fish sauce, soya sauce , garlic, rice)
MENU VEG.	VEG NESSIE 2	Aubergine-tomato masala with coriander cous cous	(onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, cous cous)
MENU DIET*		Baked pork cutlet with mashed potatoes and bean pods	(pork meat, onion, herbs, oil, bean pods, potatoes, LF milk)
PM Snack	VEG	Butter choco roll	(flour, milk, yeast, egg, chocolate , baking powder)
Salad		Mix of leaf salads with dried ham, mozzarella and balsamico	(lettuce, radicchio, red chard, rucola, cherry tomatoes, dried ham, olive oil, mozzarella , balsamico, honey)
Sandwich		Sandwich with chicken ham and tomato	(sandwich bread, mayonnaise , chicken ham, tomatoes, lettuce)

Tuesday

Soup		Chicken consommé with pasta	(celery , carrot, onion, parsley, pasta , chicken meat)
Main 1	NESSIE 1 ÚVOZ	Meat balls with tomato sauce "rajská" and pasta	(beef meat, pork meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil, pasta)
Main 2	NESSIE 2	Chicken drumstick adobo with rice pilaf	(chicken drumstick, rice vinegar, vinegar, soy sauce , sugar, garlic, bay leave, rice, carrot, onion, chickpea, oil)
MENU VEG.	VEG NESSIE VEG	Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
MENU DIET*		Vegetable casserol with roasted potatoes	(seasonal vegetable, red and white beans, herbs, potatoes)
PM Snack	VEG	Breadroll with egg spread	(breadroll, egg, mayonnaise , parsley)
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	Red lentil and chickpea soup	(chickpea, red lentil, onion, peeled tomatoes, coriander)
Main 1	NESSIE 1	Chicken gyros with tzatziki and pita bread	(chicken meat, gyros spice, cucumber, cream, pita bread)
Main 2	NESSIE 2 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	NESSIE 1 ÚVOZ	Chicken strips with creamy herbs sauce and rice	(chicken breast, cream , oil, thyme, parsley, marjoram, butter , garlic, rice)
Main 2		Roast pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread, yeast, milk)
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		Baguette with meat balls, baked peppers a cheddar cheese	(baguette , beef meat, pork meat, breadcrumbs , onion, egg, BBQ sauce , peppers, 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	Quiche Lorraine with salad	(puff pastry, eggs , onion, bacon, cream , salt, pepper, parsley, cheese , seasonal vegetables)
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		Homemade coconut cake	(flour, egg, milk, cream , coconut, sugar, butter, baking powder)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, cream fresh , capers, dill, smoked salmon)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich bread , beetroot, dill, cottage cheese, spread butter , rucola)



Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream, tarhoňa pasta, garlic, onion, carrot, celery, peeled tomatoes, basil)
Main 1	NESSIE 1	Turkey cubes with gravy and rice	(turkey meat, onion, rice flour, oil, caraway seeds, rice)
Main 2	ÚVOZ	Pork in carrots with mashed potatoes	(pork meat, carrot, onion, flour, butter, oil, salt, caraway, pepper, potatoes, milk, butter)
MENU VEG.	VEG NESSIE 2	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 ÚVOZ	Roast chicken strips with vegetable and corn nachos (rice for EY)	(chicken meat, beans, peppers, corn, corn nachos)
Main 2	NESSIE 2	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, corn nachos)
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	ÚVOZ	Turkey strips with vegetable in hoisin sauce, rice	(turkey meat, onion, beans, corn, starch, bamboo sprouts, hoisin, peppers, rice)
Main 2	NESSIE 1	BBQ chicken leg with baked potatoes and coleslaw salad	(chicken meat, spice, BBQ sauce, lettuce, potatoes, cabbage, carrot, celery, onion, vinegar, mayonnaise, oil)
MENU VEG.	VEG NESSIE 2	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 egg and cauliflower	(lentil, bulgur, mix of leaves salad, egg, pickled cauliflower)
Sandwich		Reuben sandwich	(sandwich bread, roastbeef, mayonnaise, mustard, gherkins, cabbage, cheddar cheese)

Thursday

Soup		Creamy kale soup with potatoes and sausage	(kale, onion, caraway seed, flour, sausage, cream, bayleaves, potatoes)
Main 1	NESSIE 1 ÚVOZ VEG	Lasagne Pomodoro	(pasta, cheese, oil, tomatoes, onion, garlic, basil, herbs, cheddar cheese, butter, milk, flour)
Main 2		Braised pork cheeks with mashed potatoes and baby carrot	(pork cheeks, onion, butter, oil, flour, garlic, potatoes, milk, baby carrot)
MENU VEG.	VEG NESSIE 2	Lasagne Pomodoro	(pasta, cheese, oil, tomatoes, onion, garlic, basil, herbs, cheddar cheese, butter, milk, flour)
MENU DIET*		Baked chicken leg with vegetables and boiled potatoes	(chicken leg, carrot, cabbage, onion, zucchini, bell pepper, corn, oil, salt, potatoes)
PM Snack	VEG	Breadroll with red pepper cottage spread and lettuce	(breadroll, ground paprika, pepper, cottage cheese, onion, parsley, lettuce)
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)

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fresh & tasty
by Záhří Group