

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 with "znojemska" sauce with gherkin and jasmine rice	(beef meat, onion, flour , bacon, mustard , gherkin, rice)
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 apple strudel	(puff pastry , apples, sugar, breadcrumbs , raisins, vanilla sugar, cinnamon)
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	Roll with cottage cheese and chive spread	(roll, cottage cheese , chives, spread butter)
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	VEG	Egg sandwich	(sandwich bread, eggs, mayonnaise , chives)

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



Monday

Soup	VEG	Indian tomato and red lentil soup	(red lentils, cream, tandoori masala, coriander, vindaloo)
Main 1	NESSIE 1 ÚVOZ	Chicken strips with cheese sauce and pasta	(chicken meat, cream, parmesan, edam, gouda, blue cheese, butter, potatoes, corn)
Main 2	NESSIE 2	Rabbit ragout with leek and rice	(rabbit, onion, leek, flour, butter, thyme, rice)
MENU VEG.	VEG NESSIE VEG	Chickpea chana masala with cauliflower bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, bulgur, cauliflower)
MENU DIET*		Chickpea chana masala with baked potatoes	(chickpea, onion, garlic, lemon, coriander, cumin, garam masala, tomato, ginger, baked potatoes)
PM Snack	VEG	Donut with strawberry filling	(flour, milk, oil, yeast, cottage, strawberries, sugar)
Salad	VEG	Tabbouleh	(bulgur, yoghurt, parsley, tomato, cucumber, spring onion, olive oil)
Sandwich		Sandwich with Prague ham, gherkins and egg	(sandwich bread, Prague ham, leek, horseradish, gherkins, lettuce, egg)

Tuesday

Soup	VEG	Cream of broccoli	(broccoli, butter, cream, flour, onion)
Main 1	NESSIE 1	Risotto Bolognese	(rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2	NESSIE 2 ÚVOZ	Baked pork with bacon and bread dumplings	(pork meat, onion, butter, bacon, rosemary, flour, egg, yeast, milk, bread)
MENU VEG.	VEG NESSIE VEG	Peperonata with basil cous cous	(basil, onion, garlic, pepper, tomatoes, cous cous)
MENU DIET*		Risotto Bolognese	(rice, celery, beef meat, onion, cloves, olive oil, tomatoes, carrot)
PM Snack	VEG	Homemade peach yoghurt	(yoghurt, honey, peach)
Salad		Beans salad with tuna and egg	(bean pods, white beans, red beans, tuna, egg, rucola, cherry tomatoes, red onion, herbs, olive oil, vinegar, sugar)
Sandwich	VEG	Baguette with cheese and salad	(baguette, mozzarella, gouda, camembert, spread butter, rucola)

Wednesday

Soup		Creamy chicken soup with vegetable	(chicken meat, celery, carrot, parsley, butter, flour, cream, milk)
Main 1	NESSIE 1 ÚVOZ	Turkey nuggets with mashed potatoes and corn	(turkey breast, flour, eggs, milk, breadcrumbs, butter, potatoes, corn)
Main 2		Chicken Biryani with raita sauce	(chicken meat, yoghurt, ginger, garlic, vindaloo, butter, garam masala, tomato purée, saffron, bay leaves, coriander, mint, spring onion, fried onion, rice)
MENU VEG.	VEG NESSIE 2	Pasta with creamy broccoli sauce	(pasta, broccoli, cream, onion, milk, parmesan cheese)
MENU DIET*		Baked salmon with herbs, baked potatoes and bean pods	(salmon, herbs, potatoes, bean pods, olive oil, garlic)
PM Snack		Pizza baguette with ham and cheese	(baguette, ham, gouda cheese, corn)
Salad	VEG	Kamut salad with grilled vegetables	(kamut wheat, zucchini, aubergine, peppers, red onion)
Sandwich		BBQ chicken sandwich	(sandwich bread, bacon, egg, chicken meat, cheddar cheese, lettuce)

Thursday

Soup	VEG	Czech pea soup	(pea, onion, garlic, marjoram, garlic)
Main 1	NESSIE 1 ÚVOZ	Beef with tomato sauce and pasta	(beef meat, tomatoes, celery, bay leaves, sugar, flour, cinnamon, oil, pasta)
Main 2		Smoked pork with gravy and mashed potatoes	(smoked pork, onion, flour, potatoes, milk, butter)
MENU VEG.	VEG NESSIE 2	Potato cones with poppy seeds and sugar	(potatoes, flour, milk, butter, eggs, poppy seeds, sugar)
MENU DIET*		Seafood Paella	(rice, tilapia fish, tuna, shrimps, mussels, calamari, onion, turmeric, peas, lemon)
PM Snack	VEG	Cheesy croissant	(flour, egg, baking powder, yeast, cheese)
Salad		Mix of leaves salad with chicken ham, cheese and honey dressing	(mix of leaves salad, gouda, cheddar cheese, chicken ham, cherry tomatoes, pomegranate, cranberries, mustard, honey)
Sandwich		Baguette with smoked salmon	(baguette, smoked salmon, spread butter, chives)

Friday

Soup		Beef consommé with vegetable and meat	(celery, carrot, onion, parsley, beef meat)
Main 1	NESSIE 1 ÚVOZ	Indian chicken butter sauce curry with rice	(chicken breast, yoghurt, ginger, garlic, vindaloo, butter, garam masala, tomato purée, saffron, bay leaves, rice)
Main 2		Pasta with salmon in tomato sauce	(pasta, salmon, tomatoes, onion, garlic, basil)
Main 3	VEG NESSIE 2	Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes, ricotta cheese, spinach, egg, potatoes, cream, herbs)
MENU DIET*		GF pasta with salmon in tomato sauce	(GF pasta, salmon, tomatoes, onion, garlic, basil)
PM Snack	VEG	Gingerbread	(flour, oil, egg, baking powder, cocoa, sugar, milk, cinnamon, chocolate)
Salad	VEG	Tomato salad with egg	(tomatoes, egg, white yoghurt, spring onion, dill, vinegar, salt)
Sandwich	VEG	Baguette with tomatoes, rucola and basil pesto	(baguette, basil pesto, tomatoes, rucola)

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fresh tasty
by ZÁŘÍ Group

Monday

Soup	VEG	Potato cream with basil	(butter, onion, potatoes, garlic, oil, cream, basil)
Main 1	NESSIE 1 ÚVOZ	Pasta with creamy pumpkin sauce and turkey meat	(turkey meat, pasta, cream, pumpkin, butter, oil, thyme)
Main 2	NESSIE 2	Meatloaf with mashed potatoes and gherkin	(pork meat, beef meat, onion, garlic, marjoram, eggs, breadcrumbs, flour, potatoes, milk, butter)
MENU VEG.	VEG NESSIE VEG	Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes)
MENU DIET*		Bean pods with peppers and baked potatoes	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, potatoes)
PM Snack	VEG	Homemade pumpkin muffin	(egg, flour, pumpkin, baking powder, sugar, butter, oil)
Salad	VEG	Pipirrana Salad	(peppers, red onion, cucumbers, tomatoes, olive oil, herbs,)
Sandwich	VEG	Veggie New Yorker sandwich	(sandwich bread, carrot, rucola, gherkin, red cabbage, mayonnaise, mustard, vinegar, cheddar cheese)

Tuesday

Soup	VEG	Creamy savoy cabbage soup with potatoes	(savoy cabbage, onion, potatoes, milk, cream, ground paprika, vinegar)
Main 1	NESSIE 1 ÚVOZ	Meat balls with curry sauce and rice	(beef meat, pork meat, flour, egg, yoghurt, butter, onion, garlic, garam masala, tomato, saffron, bay leaf, rice)
Main 2	VEG	Gnocchi with "4 formaggi" cheese sauce	(gnocchi, cream, parmesan, edam, gouda, blue cheese)
MENU VEG.	VEG NESSIE 2	Vegetable-legume patties with sweet potato purée and butter corn	(carrot, zucchini, chickpea, lentil, egg, flour, breadcrumb, herbs, sweet potatoes, milk, corn, cauliflower)
MENU DIET*		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, herbs, lemon juice, chickpea, dried tomatoes, garlic, olive oil)
PM Snack	VEG	Pretzel	(flour, water, yeast, dried milk, egg, butter, salt)
Salad	VEG	Chinese cabbage salad with tofu	(chinese cabbage, radish, onion, tofu, honey, sesame seeds, soy sauce)
Sandwich		Baguette with tuna, egg and lettuce	(baguette, butter, tuna, egg, lettuce, spring onion)

Wednesday

Soup	VEG	Spinach soup	(spinach, potatoes, garlic, cream, onion)
Main 1	NESSIE 1	Pasta with tomato sauce, tuna and basil	(pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
Main 2	NESSIE 2 ÚVOZ	Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumbs, potatoes)
MENU VEG.	VEG NESSIE VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs, vanilla pudding, milk)
MENU DIET*		GF Pasta with tomato sauce, tuna and basil	(GF pasta, crushed tomatoes, onion, garlic, basil, garlic, basil, tuna)
PM Snack	VEG	Strawberry purée	(strawberries, apples, sugar, lemon juice)
Salad	VEG	Mix of leaf salads with sundried tomatoes, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicory, olives, capers, mozzarella, balsamico)
Sandwich		Sandwich with paprika chicken and bacon	(sandwich bread, chicken breast, bacon, spread butter, ground paprika, lettuce)

Thursday

Soup	VEG	Turkey consommé with vegetable and noodles	(turkey meat, onion, celery, carrot, parsley, noodles)
Main 1	NESSIE 1 ÚVOZ	Lasagne with chicken ragout á la bolognese	(pasta, chicken meat, basil, celery, onion, nutmeg, butter, milk, carrot, tomatoes, cream, cheese)
Main 2		Beef Taco Rissoto	(beef meat, tomatoes, rice, beans, onion, corn, pepper, oil, tomato purée, garlic, coriander, cumin)
MENU VEG.	VEG NESSIE 2	Indian butter curry with soya and rice	(soya meat, yoghurt, ginger, garlic, butter, garam masala, tomatoes, curry, rice)
MENU DIET*		Beef Taco Rissoto	(beef meat, tomatoes, rice, beans, onion, corn, pepper, oil, tomato purée, garlic, coriander, cumin)
PM Snack		Breadroll with tuna spread	(breadroll, tuna, spread butter, salt, lemon)
Salad		Caesar salad with 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		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour, caraway seed, ground paprika)
Main 1	NESSIE 1 ÚVOZ	Turkey strips with roasted peppers and rice	(turkey meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce, rice)
Main 2		Chicken patties with cheddar cheese, mashed potatoes and baby carrot	(chicken meat, cheddar cheese, butter, potatoes, cream, milk, baby carrot)
Main 3	VEG NESSIE 2	Creamy pasta bake with mushrooms	(pasta, mushrooms, egg, cream, milk, onion, spring onion, herbs)
MENU DIET*		Chicken patties mashed potatoes and baby carrot	(chicken meat, potatoes, LF milk, baby carrot)
PM Snack	VEG	Banana cake	(flour, bananas, eggs, baking powder, butter, oil, cinnamon, sugar)
Salad	VEG	Pasta salad with vegetable and broccoli pesto	(pasta, broccoli, olive oil, dried tomatoes, basil, cherry tomatoes, parmesan cheese)
Sandwich		Tortilla with roastbeef and red cabbage coleslaw salad	(tortilla, roastbeef, red cabbage, carrot, mayonnaise, yoghurt)

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Monday

Soup	VEG	Pumpkin and tomato soup	(pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1	NESSIE 1 ÚVOZ	Chicken murgah makhani with rice	(chicken meat, yoghurt , onion, tomatoes, garlic, butter, cream , cinnamon, garam masala, rice)
Main 2	NESSIE 2	Baked rabbit leg with mashed potatoes	(rabbit leg, onion, garlic, bacon, flour, butter , herbs, potatoes, milk)
MENU VEG.	VEG NESSIE VEG	Caponata with cous cous	(herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous)
MENU DIET*		Caponata with rice	(herbs, carrot, oil sugar, tomato, capers, celery , basil, rice)
PM Snack	VEG	Czech donut with plum jam and sweet cottage (vdolek)	(flour, milk , oil, yeast, cottage , plum, sugar)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese , olive oil)
Sandwich		Baguette with smoked salmon	(baguette , smoked salmon , cream cheese , butter , chives)

Tuesday

Soup	VEG	Czech potato soup	(potatoes, celery , onion, garlic, cumin, marjoram, flour , carrot, mushrooms)
Main 1	NESSIE 1 ÚVOZ	Pasta with turkey meat in creamy spinach sauce	(pasta , turkey meat, spinach, garlic, onion, cream, cheese)
Main 2	NESSIE 2	Potato bake with smoked pork meat	(potatoes, smoked pork meat, bacon, onion, pea, cream, egg)
MENU VEG.	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*		GF pasta with red pepper sauce	(GF pasta, onion, red peppers, peeled tomatoes, basil)
PM Snack	VEG	Breadroll with red pepper cottage spread and lettuce	(breadroll , ground paprika, pepper, cottage , onion, parsley, lettuce)
Salad	VEG	"Farmer's" salad with baked chickpea and tofu	(mix of leaves salads, beetroot, corn, grenaille potatoes, tofu , baked chickpea, herbs dressing)
Sandwich		Brussels baguette	(baguette , chicken breast, roasted onion, blue cheese)

Wednesday

Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, flour, sausage, cream , bayleaves, ground paprika, potatoes)
Main 1	NESSIE 1 ÚVOZ	Pork cubes with caraway seeds and pasta	(pork meat, onion, flour, butter , caraway seeds, pasta)
Main 2	NESSIE 2	Fish fingers with mashed potatoes and steamed pea	(white fish, eggs, flour, milk, breadcrumbs , potatoes, pea)
MENU VEG.	VEG NESSIE VEG	Cauliflower masala with with rice	(cauliflower, spice, herbs, rice, red lentil)
MENU DIET*		Baked white fish with chickpea, zucchini and dried tomatoes	(white fish , herbs, lemon juice, chickpea, zucchini, dried tomatoes, garlic, olive oil)
PM Snack	VEG	Croissant with ham and cheese	(croissant , ham, cheese)
Salad	VEG	Pasta salad with caesar dressing and cherry tomatoes	(pasta , spice, egg , corn, cherry tomatoes, cheese, mayonnaise, anchovies, mustard)
Sandwich		Sandwich with camembert spread	(sandwich bread, camembert cheese, egg , ham, onion, mayonnaise)

Thursday

Soup		Beef consommé with noodles	(beef meat, celery , carrot, parsley, noodles)
Main 1	NESSIE 1 ÚVOZ	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream, flour, bread , yeast, milk, egg)
Main 2		Turkey in aubergine sauce with rice	(turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
MENU VEG.	VEG NESSIE 2	Vegetarian potato cake	(potatoes, carrot, spinach, cream , onion, garlic, potato starch)
MENU DIET*		Turkey in aubergine sauce with rice	(turkey meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
PM Snack		Cottage cheese "přibináček"	(cream, cottage cheese , sugar, vanilla)
Salad		Vegetable salad with tuna and mango dip	(ice lettuce, lolo rosso salad, radicio, corn, tomato, pepper, tuna , red onion, mango, sweet chilli, coriander)
Sandwich	VEG	Wrap with mozzarella, tomatoes and olives	(tortilla , iceberg lettuce, rucola, mozzarella , tomatoes, dried tomatoes pesto, olives)

Friday

Soup	VEG	Cauliflower with eggs and potatoes	(onion, cauliflower, cream, flour, eggs , potatoes)
Main 1	NESSIE 1 ÚVOZ	Chicken risotto with cheese and gherkin	(rice, chicken meat, onion, pea, corn, carrot, oil, tomato purée, parsley, edam cheese , gherkin)
Main 2	NESSIE 2	Slovak gnochni "halušky" with smoked pork meat and cabbage	(potatoes, eggs, milk, flour , onion, sugar, oil, bacon, cabbage, park smoked meat)
MENU VEG.	VEG NESSIE VEG	Coconut curry with vegetable and rice	(pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream , rice)
MENU DIET*		Chicken risotto with gherkin	(rice, chicken meat, onion, pea, corn, carrot, oil, tomato purée, parsley)
PM Snack	VEG	Oatmeal muffin with raisins	(flour , sugar, oatmeal , egg , baking powder , raisins, flax seeds, pumpkin seeds)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	(baguette , chicken meat, gyros spice, cucumber, mayonnaise)

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Monday

Soup	VEG	Zucchini cream	(zucchini, butter , garlic, onion, potatoes, cream)
Main 1	NESSIE 1	Spaghetti with meatballs and tomato-basil sauce	(pasta , beef meat, pork meat, onion, garlic, breadcrumbs , egg, herbs, oil, crushed tomatoes, basil, cheese)
Main 2	NESSIE 2 ÚVOZ	Chicken stroganoff with rice	(chicken meat, cream , tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
Main 3	VEG NESSIE VEG	Ratatouille with bulgur	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur)
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
PM Snack	VEG	Cinnamon snail	(puff pastry , cinnamon, sugar)
Salad	VEG	Tomato salad pico de gallo	(tomatoes, spring onion, salt, coriander, onion, lime)
Sandwich	VEG	Sandwich with camembert cheese and cranberry tapenade	(sandwich bread , cheese , cranberries, balsamic, rucola)

Tuesday

Soup	VEG	Chickpea soup with rosemary	(chickpea, rosemary, onion, garlic, tomato purée)
Main 1	NESSIE 1 ÚVOZ	Baked pork cubes with potato dumplings and cabbage	(pork meat, oil, onion, garlic, potatoes, egg, flour, milk, cabbage)
Main 2		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna, herbs, butter , milk, potatoes, savoy cabbage, corn)
Main 3	VEG NESSIE 2	Baked pumpkin with spiced red lentill and balcan cheese	(pumpkin, olive oil, lentil, garlic, ground paprika, spice, cumin, lemon juice, balkan cheese , parsley)
MENU DIET*		Baked tuna with mashed potatoes and savoy cabbage with corn	(tuna, herbs, potatoes, LF milk, savoy cabbage, corn)
PM Snack	VEG	Grissini with cheese dip	(grissini sticks , edam, cheddar cheese , spread butter)
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves, beetroot, corn, grenaille potatoes, tuna, white yogurt, dill, garlic, lemon)
Sandwich		Baguette with sweet chilli chicken	(baguette , chicken breast, romaine lettuce, sweet chilli sauce, mayonnaise)

Wednesday

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

Thursday

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

Friday

Soup			
Main 1			
Main 2			
Main 3			
MENU DIET*			
PM Snack			
Salad			
Sandwich			

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