

Monday

Soup	VEG	Red lentil and pumpkin cream	(red lentil, pumpkin, onion, butter, cream , vegetable consommé)
Main 1		Chicken stir fry with rice	(chicken meat, cabbage, pepper, leek, spring onion, soya sauce, soybean sprouts, bamboo shoots, sesame oil, starch, oyster sauce)
Main 1	NESSIE	Chicken stir fry with rice	(chicken meat, cabbage, pepper, leek, spring onion, soya sauce, soybean sprouts, bamboo shoots, sesame oil, starch, oyster sauce)
Main 2	VEG	Bean pods with peppers and basil cous cous	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, cous cous , olive oil)
ALLERGY FREE*		Bean pods with peppers and rice	(bean pods, pepper, crushed tomatoes, onion, garlic, basil, olive oil, rice)
PM Snack	VEG	Strawberry cupcake	(flour, butter, milk, baking powder , strawberry, sugar, oil, cottage)
Salad	VEG	Asian cucumber salad with goma wakame	(cucumber, goma wakame, sesame , coriander, spring onion)
Sandwich	VEG	Sandwich with beetroot spread and rucola	(sandwich bread , beetroot, dill, cottage cheese, spread butter , rucola)

Tuesday

Soup	VEG	Creamy potato soup with broccoli and spinach	(potatoes, broccoli, spinach, garlic, onion, butter, cream)
Main 1	VEG	Sweet buns with vanilla sauce	(flour, yeast, eggs , vanilla pudding, milk)
Main 1	NESSIE 2	Sweet buns with vanilla sauce	(flour, yeast, eggs , vanilla pudding, milk)
Main 2	NESSIE 1	Grilled turkey breast with mashed potatoes and baby carrot	(turkey meat, potatoes, milk, butter , baby carrot)
ALLERGY FREE*		Grilled turkey breast with mashed potatoes and baby carrot	(turkey meat, potatoes, LF milk, baby carrot)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Chia seeds in coconut milk with fruit	(chia seeds, coconut milk , fruit, sugar)
Salad	VEG	Cous cous with lentil and cauliflower	(cous cous , cauliflower, carrot, spring onion, coriander)
Sandwich		Baguette with tuna, egg and lettuce	(baguette, butter, tuna, egg , lettuce, spring onion)

Wednesday

Soup		Turkey consommé with vegetable and noodles	(turkey meat, celery , carrot, parsley, noodles)
Main 1		Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumbs , potatoes)
Main 1	NESSIE	Pork schnitzel with mashed potatoes and gherkin	(pork meat, potatoes, milk, egg, butter, breadcrumbs , potatoes)
Main 2	VEG	Pasta with creamy zucchini and basil sauce	(pasta , zucchini, cream , garlic, basil, parmesan cheese)
ALLERGY FREE*		Turkey oreganata with chickpea, zucchini and dried tomatoes	(turkey meat, chickpea, zucchini, tomatoes, oregano, garlic, olive oil)
PM Snack		Kaiserka with red pepper cottage spread and lettuce	(" kaiserka " breadroll , ground paprika, pepper, cottage , onion, parsley, lettuce)
Salad		Caesar salad	(romaine lettuce, spice, egg, bread, cheese, mayonnaise, anchovies, mustard)
Sandwich		Sandwich with chicken meat and bacon	(sandwich bread , chicken breast, bacon, spread butter , ground paprika, lettuce)

Thursday

Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, flour , caraway seed, ground paprika)
Main 1		Pasta with tomato sauce, tuna and basil	(pasta , peeled tomatoes, onion, garlic, basil, tuna , sugar)
Main 1	NESSIE	Pasta with tomato sauce, tuna and basil	(pasta , peeled tomatoes, onion, garlic, basil, tuna , sugar)
Main 2	VEG	Germknödel with plum jam, blueberries and vanilla cream with poppy seeds	(flour, egg, yeast, milk, cream, butter , plum, blueberries, vanilla, poppy seeds, sugar)
ALLERGY FREE*		Thai beef with broccoli and rice	(beef meat, broccoli, garlic, soya sauce, fish sauce , potato starch, ginger, rice)
PM Snack	VEG	Wholegrain cheese croissant	(croissant, cheese)
Salad		Mix of leaf salads with dried ham, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicory, dried ham, mozzarella , balsamico)
Sandwich	VEG	Sandwich with smoked carrot	(sandwich bread , carrot, smoked aroma, spread butter , parsley, lettuce)

Friday

Soup	VEG	Cream of beetroot with carrot and sweet potatoes	(beetroot, carrot, sweet potatoes, cream, butter)
Main 1		Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
Main 1	NESSIE	Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
Main 2	VEG	Baked pasta with mushrooms	(pasta , mushrooms, egg, cream, milk , onion, spring onion, herbs)
ALLERGY FREE*		Beef strips with roasted peppers and rice	(beef meat, onion, peppers, tomato purée, potato starch, worchester, soya sauce , rice)
PM Snack	VEG	Banana cake	(flour, bananas, eggs, baking powder, butter , oil, cinnamon, sugar)
Salad		Pasta salad with broccoli pesto and tuna	(pasta , broccoli, olive oil, tuna , dried tomatoes, basil, cherry tomatoes, parmesan cheese)
Sandwich		Tortilla with roastbeef and red cabbage coleslaw salad	(tortilla , roastbeef, red cabbage, carrot, mayonnaise, yoghurt)



Monday

Soup	VEG	Pumpkin-tomato soup	(pumpkin, onion, carrot, celery , ginger, thyme, honey, peeled tomatoes)
Main 1		Chicken in creamy herbs sauce with rice	(chicken breast, herbs, cream , oil, rice)
Main 1	NESSIE	Chicken in creamy herbs sauce with rice	(chicken breast, herbs, cream , oil, rice)
Main 2	VEG	Caponata with cous cous	(herbs, carrot, oil sugar, tomato, capers, celery , basil, cous cous)
ALLERGY FREE*		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		Beef meat with garlic sauce, potato dumplings and spinach	(beef meat, onion, garlic, flour , oil, pepper, salt, potatoes, milk , egg , spinach)
Main 1	NESSIE	Beef meat with garlic sauce, potato dumplings and spinach	(beef meat, onion, garlic, flour , oil, pepper, salt, potatoes, milk , egg , spinach)
Main 2	VEG	Pasta with red pepper sauce	(pasta , onion, red peppers, peeled tomatoes, basil)
ALLERGY FREE*		GF pasta with red pepper sauce	(GF pasta, onion, red peppers, peeled tomatoes, basil)
PM Snack	VEG	White or fruit yoghurt PARKLANE / Blueberry yoghurt	(yoghurt , honey, blueberries)
Salad	VEG	Salad with baked pumpkin and mozzarella	(pumpkin, carrot, mozzarella , balsamico, lettuce, buckwheat , chicory)
Sandwich		Sandwich with ermine cheese	(sandwich bread , ermine cheese , egg , onion, ham, mayonnaise)

Wednesday

Soup		Beef consommé with noodles	(beef meat, celery , carrot, parsley, noodles)
Main 1		Fish fingers with mashed potatoes and steamed pea	(white fish , eggs , flour , milk , breadcrumbs , potatoes, pea)
Main 1	NESSIE	Fish fingers with mashed potatoes and steamed pea	(white fish , eggs , flour , milk , breadcrumbs , potatoes, pea)
Main 2	VEG	Cauliflower masala with coriander cous cous and red lentils	(cauliflower, herbs, spice, cous cous , red lentils)
ALLERGY FREE*		Pork risotto with vegetable, gherkin and cheese	(pork meat, onion, corn, pea, carrot, celery , ground paprika, tomato purée)
PM Snack	VEG	Focaccia with tomatoes, peppers and olives	(pastry , tomatoes, peppers, olives)
Salad	VEG	Chana chaat	(chickpea , red onion, coriander, spring onion, tandoori, masala vindaloo)
Sandwich		Sandwich with ham, cheese and tomato	(sandwich bread , cheese , mayonnaise , butter , ham, tomato, lettuce, bbq sauce)

Thursday

Soup	VEG	Creamy leek and potato soup	(butter , leek, onion, potatoes, cream)
Main 1		Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream , flour , bread , yeast, milk , egg)
Main 1	NESSIE	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream , flour , bread , yeast, milk , egg)
Main 2	VEG	Vegetable-potato cake	(potatoes, cream , onion, garlic, spinach, carrot)
ALLERGY FREE*		Beef in aubergine sauce with rice	(beef meat, turmeric, coriander, thyme, garlic, peeled tomatoes, rice)
PM Snack		Butter croissant with ham and cheese	(croissant , ham, cheese)
Salad		Vegetable salad with tuna and mango dip	(lolo roso lettuce, radicchio lettuce, corn, tomatoes, peppers, tuna , red onion, mango, sweet chilli, coriander)
Sandwich	VEG	Tortilla with beans spread, cheddar cheese and salad	(tortilla , beans, cheese , lettuce)

Friday

Soup	VEG	Cauliflower cream with eggs and potatoes	(onion, cauliflower, cream , flour , eggs , potatoes)
Main 1		Turkey goulash with oyster mushroom and pasta	(turkey meat, oyster mushroom, onion, ground paprika, flour , garlic, marjoram, pasta)
Main 2		Turkey goulash with oyster mushroom and pasta	(turkey meat, oyster mushroom, onion, ground paprika, flour , garlic, marjoram, pasta)
Main 2	VEG	Vegetarian burrito with cheddar cheese and mix of lettuce	(tortilla , lettuce, carrot, onion, sweet potatoes, cauliflower, beans, cheddar cheese , bbq sauce, coriander)
ALLERGY FREE*		GF Gnocchi Amatriciana	(GF gnocchi, crushed tomatoes, smoked pork meat, onion)
PM Snack	VEG	Our chocolate cookies	(chocolate , flour , butter , sugar, egg , vanilla sugar)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	(baguette , chicken meat, gyros spice, cucumber, mayonnaise)

