

Monday

Soup	VEG	Vegetable cream	(carrot, parsley, celery , leek, potatoes, butter, cream , spice)
Main 1	NESSIE 1 ÚVOZ	Chicken thigh slice adobo with rice pilaf	(chicken drumstick, rice vinegar, vinegar, soy sauce , sugar, garlic, bay leave, rice, carrot, onion, chickpea, oil)
Main 2	VEG	Wholegrain pasta with tomato-basil sauce and ricotta	(wholegrain pasta, ricotta cheese , oil, tomatoes, onion, garlic, basil)
Main 3	VEG NESSIE VEG	Fruit dumplings with honey yoghurt	(flour, eggs, yeast, yoghurt , fruit, cottage cheese, butter , honey)
MENU DIET*		GF pasta with tomato-basil sauce	(pasta , oil, tomatoes, onion, garlic, basil)
PM Snack	VEG	Cottage cheese cake	(flour, egg, butter, milk, cottage cheese, baking powder , sugar, oil)
Salad	VEG	Tomato salad pico de gallo with tofu	(tomatoes, spring onion, salt, coriander, onion, lime, tofu)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread , smoked salmon , chives, spread butter)

Tuesday

Soup	VEG	Zucchini soup	(zucchini, potatoes, onion, cream , basil, garlic)
Main 1	NESSIE 1	Chicken in creamy paprika sauce with pasta	(chicken meat, onion, cream , ground paprika, oil, pasta)
Main 2	NESSIE 2 ÚVOZ	Baked salmon with herbs, baked potatoes and bean pods	(salmon , herbs, potatoes, bean pods, olive oil, garlic)
Main 3	VEG NESSIE VEG	Ratatouille and herbs bulgur with red lentil	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, bulgur , red lentil)
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
PM Snack	VEG	Grissini with cottage cheese	(grissini sticks , cottage cheese)
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves salad, beetroot, corn, grenaille potatoes, tuna , dill dressing, lemon)
Sandwich		Sandwich with chicken meat and tomato pesto	(sandwich bread , chicken meat, dried tomatoes, kapary, basil, olive oil, lettuce)

Wednesday

Soup		Chicken consommé with pasta	(celery , carrot, onion, parsley, pasta , chicken meat)
Main 1	NESSIE 1	Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, flour, eggs, milk, breadcrumbs , potatoes, butter , cranberries)
Main 2	ÚVOZ	Beef burrito with corn salad "Esquites"	(beef meat, beans, onion, tomato, garlic, coriander, tortilla , corn, spring onion, pepper, mayonnaise , coriander, lime, garlic)
Main 3	VEG NESSIE VEG	Pizza Margherita	(flour, milk , oil, yeast , crushed tomatoes, mozzarella , oregano, garlic, sugar)
MENU DIET*		Chicken risotto with gherkin	(rice, chicken meat, onion, pea, corn, carrot, oil, tomato purée, parsley, gherkin)
PM Snack		Croissant with cheese and cucumber	(croissant , cheese , cucumber)
Salad	VEG	Lentil-bulgur bowl with egg and cauliflower	(lentil, bulgur , mix of leaves salad, egg , pickled cauliflower)
Sandwich		Baguette with parma ham, mozzarella and tomato	(baguette, mozzarella , tomato, baby spinach, mustard , honey, olive oil, lemon, ham)

Thursday

Soup	VEG	Tomato soup with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, celery)
Main 1	NESSIE 1 ÚVOZ	Indian turkey butter sauce curry with rice	(turkey breast, yoghurt , ginger, garlic, vindaloo, butter , garam masala, tomato purée, saffron, bay leaves, rice)
Main 2		Grilled pork cutlet with carrot purée and corn	(pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn)
Main 3	VEG NESSIE VEG	Lasagne Pomodoro with legume salad	(pasta , tomatoes, onion, oil, garlic, basil, herbs, cheddar cheese , butter, milk, flour, legume)
MENU DIET*		Grilled pork cutlet with carrot purée and corn	(pork meat, oil, onion, herbs, carrot, potatoes, LF milk, corn)
PM Snack		Tortilla with ham and cheese	(tortilla , ham, cheese , salad , spread butter)
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, mozzarella)
Sandwich		Sandwich with tzatziki spread and chicken meat	(sandwich bread, spread butter , dill, garlic, cucumber, chicken meat, gyros spice)

Friday

Soup		Goulash soup	(beef meat, garlic, marjoram, flour , cumin, ground pepper)
Main 1	NESSIE 1	Chicken patties with mashed potatoes and baby carrot	(chicken meat, butter , potatoes, cream, milk , baby carrot)
Main 2	NESSIE 2 ÚVOZ	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, celery , onion, oil, all spice, cream, flour, bread, yeast, milk, egg)
Main 3	VEG NESSIE VEG	Jamie Oliver's vegetarian curry with rice	(zucchini, rice, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, chickpea)
MENU DIET*		Chicken patties with baked potatoes and baby carrot	(chicken meat, oil, potatoes, baby carrot)
PM Snack	VEG	Carrot cake	(carrot, butter, egg, milk , sugar, vanilla sugar)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich	VEG	Baguette with basil pesto, mozzarella and tomato	(baguette , basil pesto, mozzarella , tomato, rucola)

* 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	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)

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