

Soup	VEG	Potato cream with vegetable	(potatoes, carrot, onion, celery, cream , oil, butter , parsley, mace)
Main 1	EY	Chicken stir fry with vegetables and rice	(chicken breast, carrot, pak choi, spring onion, garlic, onion, soya sauce, sesame oil , rice)
Main 2		Ham with mashed potatoes and green pea	(ham, butter , green pea, potatoes, milk)
Main 3	VEG	Potato cones with poppy seeds and sugar	(potatoes, flour, milk, egg , poppy seeds, sugar, butter)
MENU DIET*		Ham with crushed potatoes and green pea	(ham, pea, green potatoes, LF milk)
Salad	VEG	Bulgur salad with olives and balkan cheese	(bulgur , capers, olives, lettuce, dried tomatoes, garlic,basil, olive oil, balkan cheese)
Sandwich	VEG	Baguette with cheese and salad	(baguette, soft cheese, butter, gouda, ermine cheese, mozzarella , lettuce)

Soup		Chicken consommé with tarhoña pasta	(chicken meat, celery , carrot, parsley, garlic, salt, pepper, bay leaf, all spice tarhoña pasta)
Main 1	EY	Gnocchi Amatriciana	(gnocchi , onion, parsley, bacon, tomatoes, olive oil)
Main 2		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Main 3	VEG	Creamy dill sauce with egg and bread dumplings	(egg , milk, onion, rice flour, dill, sugar, celery , vinegar, cream , flour, yeast, bread)
MENU DIET*		Chicken leg with vegetables and rice	(chicken leg, carrot, cabbage, onion, zucchini, peppers, corn, rice)
Salad	VEG	Pasta salad with baked vegetable and yoghurt	(pasta , yoghurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	(tortilla , lettuce, egg , ham, cheese , yoghurt , tomato purée, tomatoes)

Soup	VEG	Cauliflower soup with vegetable	(cauliflower, onion, potatoes, carrot, parsley, salt)
Main 1		Chilli con carne with nachos	(beef meat, beans, onion, tomatoes, garlic, coriander, corn nachos)
Main 2	EY	Roast pork with mushroom sauce, crushed potatoes	(pork meat, thyme, garlic, mushrooms, salt, oil, cream , potatoes, butter , onion)
Main 3	VEG	Baked potatoes with broccoli and cauliflower	(potatoes, broccoli, cauliflower, cream , edam cheese , potato starch, nutmeg, salt, pepper)
MENU DIET*		Chilli con carne with rice	(beef meat, beans, onion, tomatoes, garlic, coriander, rice)
Salad		Caesar salad with roastbeef	(romaine lettuce, roastbeef, spice, egg , bread , cheese , mayonnaise , anchovies , mustard)
Salad	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)

Soup	VEG	Czech kulajda	(potatoes, onion, sugar, mushrooms, dill, salt, milk , rice flour, vinegar, oil, cream , egg)
Main 1	VEG EY	Pasta with tomato-basil sauce, parmesan cheese	(pasta, oil, tomatoes, onion, garlic, basil, parmesan cheese)
Main 2		White fish with herbs pesto, green pea purée and steamed vegetables	(white fish , herbs, olive oil, lemon juice, bean pods, corn, cauliflower, butter , pea)
Main 3	VEG	Cauliflower patties with yoghurt dip and crushed potatoes	(cauliflower, egg , breadcrumbs , olive oil, flour , milk , turmeric, cumin, lemon, parsley, white yoghurt , potatoes, butter)
MENU DIET*	VEG	GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmesan cheese , olive oil)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worchester , smoked salt)

Soup		Beef consommé with meat and noodles	(<i>pasta</i> , <i>parsley</i> , celery , garlic, onion, bean pods, beef meat, bay leaf, all spice, salt, pepper, carrot, oil)
Main 1	EY	Chicken with creamy paprika sauce and pasta	(chicken meat, cream , onion, rice flour, oil, butter , salt, pasta)
Main 2		Thai beef with broccoli, bamboo and jasmine rice	(beef meat, broccoli, garlic, soya sauce , oyster sauce , chilli peppers, potato starch, ginger, bamboo sprouts, rice)
Main 3	VEG	Frittata with leek, zucchini and salad	(potatoes, basil, garlic, zucchini, leek, tomatoes, lettuce, lollo rosso salad, rucola, cream , egg)
MENU DIET*		Beef with herbs sauce and rice	(beef meat, onion, rosemary, thyme, oil, rice)
Salad	VEG	Greek salad	(pepper, olives, cucumber, olive oil, tomatoes, feta cheese)
Sandwich		Baguette with chicken meat, camembert and lettuce	(<i>baguette</i> , chicken meat, mayonnaise , soft cheese , lettuce, camembert)



fresh **tasty**
by Z&T Group

Monday		
Soup	Chicken consommé with meat, vegetables and noodles	(cauliflower, parsley, broccoli, carrot, chicken meat, onion, celery , salt, garlic, all spice, peper, bay leaf, oil, noodles)
Main 1	EY Pork in carrots with mashed potatoes	(pork meat, onion, nutmeg, milk , rice flour, carrot, oil, potatoes, butter)
Main 2	Indian butter chicken curry with rice	(chicken, garlic, sugar, yoghurt , spices, ginger, butter , mil k, oil, tikka masala paste, tomato paste, cream)
Main 3	VEG Legumes ragout with pita bread	(tomatoes, celery stalks , carrot, chickpeas, onion, lentils, beans, oil, sugar, garlic, parsley, basil, salt, pita bread)
MENU DIET*	Pork in carrots with boiled potatoes	(pork meat, onion, nutmeg, rice flour, carrot, oil, potatoes)
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 mushrooms	(mushrooms, cumin, oil, butter , rice flour, milk , cream , salt, potatoes, thyme)
Main 1	VEG EY Gnocchi pomodoro with basil	(gnocchi , garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)
Main 2	Chinese noodles with chicken meat, vegetables and egg	(noodles , chicken meat, coriander, celery stalks , garlic, onion, spring onion, carrot, oil, soya sauce , fish sauce , oyster sauce , peppers, leek, pak choi, cabbage, soya sprouts , ginger)
Main 3	VEG Gnocchi pomodoro with basil	(gnocchi , garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)
MENU DIET*	Beef with herbs sauce and rice	(beef meat, onion, rosemary, thyme, oil, rice)
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 basil pesto, tomatoes and mozzarella	(baguette , mozzarella , tomatoes, basil, parmasan cheese , garlic)

Wednesday		
Soup	Beef consommé with meat, vegetables and egg	(beef meat, garlic, salt, pepper, bay leaf, all spice, onion, carrot, celery , parsley, celery stalks , egg , milk)
Main 1	EY Smoked pork with creamy spinach and potato dumplings	(smoked pork meat, spinach, garlic, onion, flour , cream , potatoes , egg)
Main 2	Baked cod in yogurt with vindaloo and coriander with rice pilaf	(cod , white yogurt , oil, honey, ginger, garam masala , garlic, lemon juice, coriander, dill, rice, chickpea, carrot, turmeric, onion, spring onion)
Main 3	VEG Vegetarian paella	(rice, tomatoes, bell pepper, oil, carrot, salt, saffron, pepper, onion, garlic, celery , thyme, parsley, rosemary)
MENU DIET*	Baked cod in herbs with peas and mashed potatoes	(cod , basil, parsley, green pea, olive oil, potatoes, LF milk)
Salad	Mix of leaves salad with chicken ham, cheese and honey dressing	(mix of leaves salad, gouda , cheddar cheese , chickne ham, cherry tomatoes, pomegranate, cranberries, mustard , honey)
Salad	BBQ chicken sandwich	(sandwich bread , bacon , egg , chicken meat , cheddar cheese , lettuce)

Thursday		
Soup	VEG Potato soup with barley groats	(potatoes, celery , onion, cumin, garlic, barley groats , marjoram, butter , flour , carrot, oil, salt, pepper, mushrooms, broccoli)
Main 1	EY Chicken gyros, tzatziki, baked potatoes	(chicken meat, cucumber, dill, garlic, yogurt, gyros spice, salt, oil, potatoes, oil)
Main 2	Baked pork with bacon	(pork, onion, flour , bacon, mustard , oil, rice)
Main 3	VEG Jamie's Oliver vegetable curry with rice	(zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, rice)
MENU DIET*	Jamie's Oliver vegetable curry with rice	(zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk, rice)
Salad	VEG Mix leaves salad with egg	(romaine lettuce, raddicio, lolo rosso lettuce, egg , tomatos, olive oil)
Sandwich	Baguette with smoked salmon	(baguette , smoked salmon , spread butter , chives)

Friday		
Soup	VEG Vegetable cream with croutons	(oil, carrot, celery , onion, parsley, zucchini, celery stalks , salt, pepper, milk , cream , butter , leek, rice flour, croutons)
Main 1	EY Turkey goulash with pasta	(turkey meat, flour , cream , ground paprika, onion, pasta)
Main 2	Shepherd's pie with beef	(potatoes, beef, milk , peas, cheddar cheese , carrot, onion, celery stalk , oil, butter , tomato purée, salt, worcester sauce , bay leaf, cloves)
Main 3	VEG Sweet potatoes frittata with spinach and ricotta cheese	(sweet potatoes, ricotta cheese , spinach, egg , cream , herbs)
MENU DIET*	Turkey goulash with rice	(turkey meat, rice flour, ground paprika, onion, rice)
Salad	Fresh vegetables salad with tuna and egg	(tomatoes, cucumber, beans, watercress, olives, tuna , egg)
Sandwich	VEG Baguette with tomatoes, rucola and basil pesto	(baguette , basil pesto, tomatoes, rucola)

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



Monday

Soup	VEG	Chickpea and tomato soup	(chickpea, onion, garlic, chilli, oil, pepper, tomatoes, salt, romaine cumin)
Main 1	EY	Turkey with creamy vegetable "svíčková" sauce and bread dumplings	(turkey meat, thyme, bay leaf, carrot, celery, flour, butter , all spice, oil, mustard , lemon, cream, bread , yeast, milk, egg)
Main 2		Pasta with tuna in tomato sauce	(pasta, tuna , tomatoes, onion, garlic, basil, parmesan cheese)
Main 3	VEG	Stir fried vegetables with tofu and cous cous	(bamboo sprouts, tofu , coriander, zucchini, onion, garlic, carrot, ginger, cous cous)
MENU DIET*		GF pasta with tuna in tomato sauce	(GF pasta, tuna , tomatoes, onion, garlic, basil)
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	Vegetable minestrone	(tomatoes, zucchini, potatoes, onion, celery , carrot, green beans, oil, garlic, basil, bay leaf, pepper, salt)
Main 1	EY	Pork paprikash with pasta	(pork meat, pasta, garlic, onion, ground paprika, rice flour, pepper, tomato pureé, sour cream)
Main 2		Grilled chicken breast with bulgur with dried tomatoes	(chicken meat, olive oil, spice, bulgur , dried tomatoes)
Main 3	VEG	Spinach frittata with potatoes and cream, salad	(potatoes, spinach, cream, eggs , onion, garlic, cheddar cheese , pepper, tomato, cucumber, lettuce)
MENU DIET*		Grilled chicken breast with crushed potatoes, baby carrot and bean pods	(chicken meat, olive oil, spice, bean pods, potatoes, LF milk, onion)
Salad	VEG	Beluga lentil with tofu and vegetable	(beluga lentil, red lentil, onion, pepper, gherkin, herbs, tofu , dried tomatoes, capers)
Sandwich		Baguette with tuna, egg and lettuce	(baguette, butter, tuna, egg , lettuce, spring onion)

Wednesday

Soup	VEG	Semolina soup with egg	(carrot, celery , parsley, semolina, egg, butter , oil, salt)
Main 1	EY	Gnocchi with chicken meat in creamy spinach sauce	(gnocchi , chicken meat, spinach, cream, parmasan cheese)
Main 2		Pork curry with vegetables, coconut milk and rice	(coriander, spring onion, lemon juice, sugar, garam masala, turmeric, tandori masala, ginger, butter , coconut milk, carrot, oil, sesame oil, soya sauce, cream, soya beans , pork meat, bamboo sprouts, rice)
Main 3	VEG	Peperonata with pita bread	(basil, garlic, onion, salt, oil, peppers, crushed tomatoes, pita bread)
MENU DIET*		Peperonata with rice	(basil, garlic, onion, salt, oil, peppers, crushed tomatoes, rice)
Salad	VEG	Mix of leaf salads with sundried tomatoes, mozzarella and balsamico	(iceberg lettuce, rucola, red chard, romaine lettuce, chicary, olives, capers, mozzarella , balsamico)
Salad		Sandwich with paprika chicken and bacon	(sandwich bread , chicken breast, bacon, spread butter , ground paprika, lettuce)

Thursday

Soup	VEG	Carrot and pumpkin soup with herbs	(carrot, pumpkin, rice flour, cream , onion, watercress, lemon juice, sugar, salt, pepper, butter, milk)
Main 1		Beef goulash with bread dumplings	(beef meat, flour , onion, ground paprika, garlic, marjoram, egg, milk , yeast, bread)
Main 2	EY	Chicken breast with steamed vegetables and crushed potatoes	(chicken meat, spice, butter , potatoes, onion, oil, carrot, green pea)
Main 3	VEG	Germknödel with plum jam, vanilla cream, poppy seeds and sugar	(flour, egg , yeast, milk, cream, butter , plum jam, vanilla, poppy seeds, sugar)
MENU DIET*		Beef goulash with GF pasta	(garlic, onion, beef meat, cumin, ground paprika, salt, pepper, rice flour, oil, tomato puree, GF pasta)
Salad		Caesar salad with eggs and croutons	(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	VEG	Chicken consommé with vegetables, meat and fried green peas	(chicken meat, cauliflower, spice, onion, garlic, carrot, celery , parsley, broccoli, green pea)
Main 1	EY	Holland schnitzel with mashed potatoes and gherkin	(pork, meat, egg, gouda cheese , marjoram, breadcrumbs , oil, potatoes, milk, butter)
Main 2		Creamy potato bake with chicken meat and cheese	(potatoes, garlic, chicken meat, oil, cream, edam cheese)
Main 3	VEG	Aubergine masala with rice	(aubergine, coriander, onion, star anise, bay leaf, cardamom, cinnamon, crushed tomatoes, oil, cream , rice)
MENU DIET*		Aubergine masala with rice	(aubergine, coriander, onion, star anise, bay leaf, cardamom, cinnamon, crushed tomatoes, oil, rice)
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	Farmer´s soup with egg	(carrot, onion, celery , leek, zucchini, parsley, oil, egg)
Main 1	EY	Chicken stroganoff, jasmine rice	(chicken, leek, potato starch, pepper, salt, cream , ketchup, tomatoes, cucumber, mushrooms, onion, butter , oil)
Main 2		Grilled pork with bean pods and crushed potatoes with onion	(pork meat, oil, butter , bean pods, potatoes, milk , onion)
Main 3	VEG	Ratatouille with herb cous cous	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, cous cous)
MENU DIET*		Ratatouille with rice	(peeled tomatoes, pepper, zucchini, aubergine, herbs, onion, rice)
Salad	VEG	Bulgur salad with olives and balkan cheese	(bulgur , capers, olives, lettuce, dried tomatoes, garlic,basil, olive oil, balkan cheese)
Sandwich	VEG	Baguette with cheese and salad	(baguette , soft cheese , butter , gouda , ermine cheese , mozzarella , lettuce)

Tuesday

Soup	VEG	Tomato soup with basil	(tomatoes, carrot, celery , onion, olive oil, basil, garlic)
Main 1	EY	Roast pork with potato dumplings and steamed cabbage	(pork meat, garlic, onion, cumin, cabbage, sugar, rice flour, vinegar, oil, potatoes, egg , flour)
Main 2		Beef strips with roasted peppers and rice	(beef meat, garlic, onion, ground paprika, red peppers, oil, rice)
Main 3	VEG	Creamy pasta bake with mushrooms	(pasta , egg , cream , milk , onion, mushrooms)
MENU DIET*		Beef strips with roasted peppers and rice	(beef meat, garlic, onion, ground paprika, red peppers, oil, rice)
Salad	VEG	Pasta salad with baked vegetable and yoghurt	(pasta , yoghurt , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef´s tortilla	(tortilla , lettuce, egg , ham, cheese , yoghurt , tomato purée, tomatoes)

Wednesday

Soup	VEG	Zucchini cream	(zucchini, garlic, onion, butter , potatoes, basil)
Main 1		Turkey sauté with vegetables and jasmine rice	(turkey meat, salt, potato starch, soy sauce , sweet chilli sauce, tomato paste, garlic, sugar, onion, carrot, leek, paprika)
Main 2	EY	Grilled chicken with mashed potatoes and steamed vegetables	(chicken meat, rosemary, thyme, zucchini, carrot, olive oil, tomato purée, tomatoes, potatoes, milk , butter)
Main 3	VEG	Thai vegetable curry with herbs cous cous	(broccoli, coriander, zucchini, pumpkin, salt, cauliflower, aubergine, coconut milk, carrots, oil, curry paste, cous cous , herbs)
MENU DIET*		Thai vegetable curry with jasmine rice	(broccoli, coriander, zucchini, pumpkin, salt, cauliflower, aubergine, coconut milk, carrots, oil, curry paste, rice)
Salad		Caesar salad with roastbeef	(romaine lettuce, roastbeef, spice, egg , bread , cheese , mayonnaise , anchovies , mustard)
Salad	VEG	Sandwich Caprese	(sandwich bread , tomatoes, basil, mozzarella)

Thursday

Soup	VEG	Lentil soup	(lentil, garlic, onion, marjoram, rice flour, vinegar, oil)
Main 1	EY	Beef with tomato sauce and pasta	(beef, celery, tomato paste, oil, carrots, rice flour, salt, cinnamon, pepper, spices, bay leaf, sugar, lemon juice, onions)
Main 2		Turkey strips with red peppers coulis sauce and jasmine rice	(turkey meat, peppers, tomatoes, tomato purée, salt, oil)
Main 3	VEG	Creamy potato bake vegetables and cheese	(potatoes, garlic, zucchini, nutmeg, carrot, cabbage, olive oil, cream , edam cheese)
MENU DIET*		Turkey strips with red peppers coulis sauce and jasmine rice	(turkey meat, peppers, tomatoes, tomato purée, salt, oil)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, parmasan cheese , olive oil)
Sandwich		Sandwich with chopped pork meat and cheddar	(sandwich bread , pork meat, bbq sauce, cheddar cheese , tomato purée, worcester , smoked salt)

Friday

Soup	VEG	Vegetable consommé with pasta and vegetables	(broccoli, celery , pea, corn, cauliflower, carrot, oil, pasta)
Main 1	EY	Pasta with chicken and cheese sauce	(pasta , cream , milk , gouda cheese , edam cheese , mozzarella , soft cheese , potato starch)
Main 2		Baked codfish with bulgur and butter vegetables	(codfish , bean pods, pea, corn, cauliflower, butter , bulgur , oil)
Main 3	VEG	Cantonese rice with vegetables and eggs	(rice, egg , leek, peppers, spring onion, zucchini, carrot, soya sauce)
MENU DIET*		Baked codfish with boiled potatoes and vegetables	(codfish , bean pods, pea, corn, cauliflower, potatoes, oil)
Salad	VEG	Greek salad	(pepper, olives, cucumber, olive oil, tomatoes, feta cheese)
Sandwich		Baguette with chicken meat, camembert and lettuce	(baguette , chicken meat, mayonnaise , soft cheese , lettuce, camember)

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