

Monday

Soup	VEG	Creamy tomato soup with tarhoňa pasta	(cream, tarhoňa pasta, garlic, onion, carrot, celery, peeled tomatoes, basil)
Main 1		Roast pork with spinach and potato cones	(pork meat, onion, butter, spinach, garlic, cream, egg, flour, potatoes, milk)
Main 1	NESSIE	Roast pork with spinach and potato cones	(pork meat, onion, butter, spinach, garlic, cream, egg, flour, potatoes, milk)
Main 2	VEG	Soya stroganoff with rice	(soya, cream, tomato purée, onion, pepper, gherkin, mushrooms, potato starch, herbs, rice)
ALLERGY FREE*		Roast chicken strips with vegetable and corn nachos	(chicken meat, beans, peppers, corn, rice)
PM Snack	VEG	Muffin	(flour, butter, milk, egg, sugar, baking powder)
Salad	VEG	Cous cous salad with fresh vegetables	(cous cous, red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Sandwich with ham, cheese and tomato	(sandwich bread, ham, cheese, lettuce, mayonnaise, bbq sauce)

Tuesday

Soup		Turkey consommé with noodles	(turkey, carrot, celery, onion, parsley, noodles)
Main 1		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 1	NESSIE	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	Greek zucchini cake with feta cheese and beetroot salad	(zucchini, onion, dill, cheese, butter, oil, egg, beetroot)
ALLERGY FREE*		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)
PM Snack	VEG	White or fruit yoghurt PARKLANE / White yoghurt with honey	(yoghurt, honey)
Salad		Nicoise with tuna	(tuna, potatoes, beans pods, olive, tomatoes, parsley)
Sandwich		Sandwich with baked bacon a cheese	(sandwich bread, bacon, cheese, lettuce, mayonnaise)

Wednesday

Soup	VEG	Minestrone soup	(celery, onion, zucchini, carrot, tomato, olive oil)
Main 1		Beef bourgignon with potato gnocchi	(beef meat, bay leaf, gnocchi, celery, thyme, onion, all spice, flour, carrot, tomato, mushrooms)
Main 1	NESSIE	Beef bourgignon with potato gnocchi	(beef meat, bay leaf, gnocchi, celery, thyme, onion, all spice, flour, carrot, tomato, mushrooms)
Main 2	VEG	Coconut curry with vegetable and rice	(pumpkin, chickpea, sugar, pea, sprouts, bamboo, coriander, coconut milk, coconut, cream, rice)
ALLERGY FREE*		Baked tuna with mashed potatoes and steamed celery stalks, corn	(tuna, herbs, LF milk, potatoes, celery stalks, corn)
PM Snack		"Kaiserka" breadroll with ham and cucumber	(kaiserka breadroll, butter, ham, cucumber)
Salad		Pasta salad with chicken meat	(pasta, chicken breast, cucumber, pepper, corn, mayonnaise, white yoghurt)
Sandwich		Reuben sandwich with shredded pork	(sandwich bread, pork meat, mayonnaise, mustard, gherkin, cabbage, cheddar cheese)

Thursday

Soup	VEG	Czech potato soup	(potatoes, celery, onion, garlic, cumin, marjoram, flour, carrot, mushrooms)
Main 1	VEG	Penne with tomato-basil sauce	(pasta, cheese, oil, tomatoes, onion, garlic, basil)
Main 1	NESSIE	Penne with tomato-basil sauce	(pasta, cheese, oil, tomatoes, onion, garlic, basil)
Main 2		Beef with creamy dill sauce and bread dumplings	(beef meat, cream, dill, egg, flour, bread, yeast, milk)
ALLERGY FREE*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
PM Snack		Bagel with avocado spread and baby spinach	-
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)

Friday

Soup	VEG	Lentil soup	(lentils, flour, onion, garlic, vinegar, marjoram)
Main 1		Jamie Oliver's turkey curry with rice	(turkey meat, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Main 1	NESSIE	Jamie Oliver's turkey curry with rice	(turkey meat, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
Main 2	VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella, pita bread)
ALLERGY FREE*		Jamie Oliver's turkey curry with rice	(turkey, zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)
PM Snack	VEG	Homemade cake with plum jam	(flour, egg, milk, plum jam, sugar, cocoa, starch)
Salad	VEG	Beetroot salad	(beetroot, tomatoes, rucola, balkan cheese, balsamico)
Sandwich	VEG	Sandwich with roastbeef and smoked cheese	(sandwich bread, roastbeef, mayonnaise, mustard, gherkin, cheese, rucola)

