Monday			
Soup		Cream of broccoli	(broccoli, <b>flour</b> , onion, <b>butter, milk, cream</b> , oil)
Main 1	EY	Chicken risotto with vegetable, cheese and gherkin	(rice, chicken meat, carrot, onion, leek, peas, corn, celery , oil, ground paprika, gherkin, edam cheese )
Main 2		Pork roast with creamy vegetable sauce "hamburská" and bread dumplings	(pork, oil, onion, carrot, <b>celery</b> , <b>sausage</b> , gherkin, <b>butter</b> , rice flour, <b>cream, milk, mustard</b> , vinegar, spices, <b>flour</b> , yeast , <b>eqa</b> )
Main 3	VEG	Cauliflower-green pea masala with pita bread	(cauliflower, green pea, ginger, crushed tomatoes, turmeric, coriander, roman cumin, onion, garlic, pita bread)
MENU DIET*		Chicken risotto with vegetable and gherkin	(rice, chicken meat, carrot, onion, leek, peas, corn, <b>celery</b> , oil, salt, ground paprika, gherkin)
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		Carrot cream with ginger	(carrots, ginger, onion, salt, honey, milk, rice flour, carrots, oil, cream)
Main 1		Chicken strips with steamed vegetables and crushed potatoes	(chicken meat, carrot, pea, honey, olive oil, spring onion, potatoes, butter)
Main 2	EY	Beef Bourguignon with spatzle	(beef, rice flour, <b>celery</b> , onion, lemon, sugar, allspice, pepper, salt, carrot, vinegar, oil, tomato paste, herbs, spatzle )
Main 3	VEG	Gnocchi quattro formaggi	( gnocchi , onion, cream , oil, salt, blue cheese, eidam cheese, smoked eidam, parmesan cheese , rucola)
MENU DIET*		Chicken strips with steamed vegetables and crushed potatoes	(beef meat, onion, thyme, rosemary, oil, rice)
Salad	VEG	Mix of leaves 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 )
Wednesda	у		
Soup		Creamy fish soup with vegetables	(codfish, cream, leek, carrot, rice flour, zucchini, lemon juice, onion, celery, thyme, dill)
Main 1	EY	Pasta with tomato-basil sauce and parmesan cheese	( pasta , tomatoes, onion, garlic, basil, parmesan cheese )
Main 2		Roast pork with potato dumplings and cabbage	(pork meat, cumin, garlic, oil, rice flour, onion, cabbage, sugar, vinegar, potatoes, egg, flour)
Main 3	VEG	J.O. vegetarian curry with rice	(pumpkin, cauliflower, zucchini, bell pepper, onion, mushroom, oil, coconut milk, crushed tomatoes, lentils, carrots, olives, rice)
MENU DIET*		GF pasta with tomato-basil sauce	(GF pasta, oil, tomatoes, onion, garlic, basil)
Salad		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		Chicken consommé with noodles	(chicken meat, cauliflower, spice, onion, garlic, carrot, celery, parsley, broccoli, chive, milk, flour, oil, egg)
Main 1	EY	Turkey breast with creamy zucchini sauce and rice	(turkey breast, herbs, oil, zucchini, garlic, butter, potato starch, milk, cream, rice)
Main 2		Chicken and pork ragout with vegetables, bacon and crushed potatoes	(pork meat, chicken meat, sausage, bacon, oil, chilli pepper, onion, potatoes, milk, butter)
Main 3	VEG	Chickpea tagine with mushrooms, aubergine and rice	(chickpea, coriander, parsley, garlic, onion, mushrooms, asparagus, garam masala, cumin, turmeric, ground paprika, cinnamon, auberaine, crushed tomatoes, rice)
MENU DIET*		Chickpea tagine with mushrooms, aubergine and rice	(chickpea, coriander, parsley, garlic, onion, mushrooms, asparagus, garam masala, cumin, turmeric, ground paprika. cinnamon. auberaine. crushed tomatoes. rice)
Salad		Vegetable salad with tuna and mango dip	(iceberg lettuce, lolo roso lettuce, radicchio, 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	Creamy vegetable soup with croutons	(oil, carrot, celery, parsley, zucchini, salt, pepper, milk, cream, butter, leek, rice flour, bread)
Main 1	EY	Sweet and sour chicken with rice	(chicken meat, rice, garlic, spring onion, sugar, rice vinegar, oil, soya sauce, peppes, crushed tomatoes, bamboo sprouts)
Main 2		Sour lentil with smoked pork, onion and pickles	(lentils, smoked pork meat, onion, garlic, sugar, bay leaf, rice flour, gherkin)
Main 3	VEG	Sweet buns with vanilla sauce	(flour , yeast, egg , vanilla pudding, milk)
MENU DIET*		Sweet and sour chicken with rice	(chicken meat, rice, garlic, spring onion, sugar, rice vinegar, oil, <b>soya sauce</b> , peppes, crushed tomatoes, bamboo sprouts)
Salad	VEG	Greek salad	(peppers, olives, cucumbers, tomatoes, feta cheese)
Sandwich		Baguette with chicken gyros and cucumber	( baguette , chicken meat, gyros spice, cucumber, mayonnaise )







 $<sup>\</sup>ensuremath{^*}$  suitable for intolerance to three main allergens (gluten, lactose and eggs)

Monday			
Soup	VEG	Vegetable consommé with vegetables and egg	(broccoli, <b>celery</b> , onion, pea, corn, cauliflower, carrot, <b>butter</b> , <b>egg</b> )
Main 1	EY	Andalusian beef with rice	(beef meat, onion, mustard, gherkin, oil, sausage, egg, rice)
Main 2		Chicken strips with "4 formaggi" sauce and pasta	(chicken meat, onion, oil, cream, edam cheese, blue cheese, parmasan cheese, pasta)
Main 3	VEG	Aubergine masala with bulgur	(tomatoes, aubergine, onion, cream, oil, coriander, cinnamon, star anise, cardamom, bay leaf, bulgur)
MENU DIET*		Chicken meat with provencal vegetables and crushed potatoes	(chicken meat, rosemary, thyme, zucchini, onion, carrot, olive oil, tomato purée, tomato, potatoes, LF milk)
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, balsamico, rucola)
Tuesday			
Soup	VEG	Italian tomato soup with rice	( <b>celery</b> , onion, bay leaf, allspice, carrot, vinegar, oil, tomato purée, rice)
Main 1	EY	Pasta with chicken ragout á la bolognese	( pasta , onion, celery stalks , carrot, crushed tomatoes, tomato purée, oil, bay leaf, clove, salt, chicken meat, parmesan cheese )
Main 2		White fish with tomatoes, mozzarella and crushed potatoes	(white fish, dried tomatoes, mozzarella, basil, potatoes, milk, onion)
Main 3	VEG	Fruit dumplings with cottage cheese	(flour, eggs , yeast, yoghurt , fruit, cottage cheese, butter, sugar)
MENU DIET*		GF pasta with chicken ragout á la bolognese	(GF pasta, onion, celery stalks, carrot, crushed tomatoes, tomato purée, oil, bay leaf, clove, salt, chicken meat)
Salad		Mix of leaves salad with tuna and dill dressing	(mix of leaves, beetroot, corn, grenaille potatoes, tuna, white yoghurt, dill, garlic, lemon)
Sandwich		Baguette with sweet chilli chicken	(baguette , chicken breast, romaine lettuce, sweet chilli sauce, mayonnaise )
Wednesda	ıv		
Soup	,	Pea soup with bacon	(pea, onion, oil, garlic, marjoram, vinegar, rice flour, bacon)
Main 1		Chicken murgh makhani with rice	(chicken meat, yogurt, onion, tomatoes, garlic, butter, cream, cinnamon, garam masala, rice)
Main 2	EY	Pork meatloaf, mashed potatoes, gherkin	(pork meat, egg, breadcrumbs, onion, salt, flour, rice flour, garlic, thyme, caraway seeds, ground paprika, aherkin, potatoes. butter. milk)
Main 3	VEG	Vegetable ragout with lentils, pita bread	(carrot, tomatoes, bell pepper, onion, lentils, chickpeas, olive oil, garlic, ginger, herbs, <b>pita bread</b> )
MENU DIET*		Vegetable ragout with lentils, rice	(carrot, tomatoes, bell pepper, onion, lentils, chickpeas, olive oil, garlic, ginger, herbs, rice)
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 biondo )
Thursday			
Soup		Poultry soup with noodles	(parsley, <b>celery</b> , onion, bay leaf, allspice, poultry meat, carrot, oil, <b>noodles</b> )
Main 1	EY	Turkey strips in hoisin sauce with vegetabl, jasmine rice	(turkey meat, onion, bean pods, oil, hoisin sauce, peppers, bamboo sprouts, rice)
Main 2		Segedin goulash with bread dumplings	(pork meat, cabbage, <b>cream</b> , onion, lard, rice flour, oil, sugar, ground paprika, salt, garlic, caraway seed, <b>bread,</b> milk. eaa. veast)
Main 3	VEG	Vegetable risotto with cheese and gherkin	(rice, tomatoes, leek, pepper, olive oil, carrot, gherkin, aubergine zucchini, onion, garlic, provencal herbs,  cheese )
MENU DIET*		Vegetable risotto with gherkin	(rice, tomatoes, leek, pepper, olive oil, carrot, gherkin, aubergine, zucchini, onion, garlic, provencal herbs, aherkin)
Salad	VEG	Caprese salad	(tomatoes, basil, rucola, mozzarella)
Sandwich		Sandwich with tzatziky spread and chicken meat	(sandwich bread, spread butter , dill, garlic, cuccumber, chicken meat, gyros spice)
Friday			
Soup	VEG	Spinach soup with egg	(garlic, onion, rice flour, oil, <b>cream</b> , spinach, <b>egg</b> )
Main 1	EY	Pasta with chicken meat in creamy pumpkin sauce	( pasta , chicken meat, pumpkin, cream, butter, milk, oil, parmesan cheese )
Main 2		Hungarian beef goulash with rice	(beef meat, rice flour, garlic, onion, ground paprika, oil, tomato purée, tomatoes, rice)
Main 3	VEG	Vegetable potato cake	(potatoes, cream, onion, garlic, spinach, carrot)
MENU DIET*		Hungarian beef goulash with rice	(beef meat, rice flour, garlic, onion, ground paprika, oil, tomato purée, tomatoes, rice)
Salad	VEG	Chana chaat	(chickpea, red onion, coriander, spring onion, tandori, masala vindaloo)
Sandwich		Baguette with parma ham, mozzarella and tomato	( baguette, mozzarella , tomatoes, baby spinach, mustard , honey, olive oil, lemon, ham)







**Riverside** 13.10.-17.10. 2025 www.freshandtasty.cz/riverside

Monday			
Soup		Beef consommé with vegetable and meat	( <b>celery</b> , carrot, onion, parsley, beef meat)
Main 1	EY	BBQ chicken strips with crushed potatoes	(chicken meat, spice, BBQ sauce , lettuce, potatoes, onion, butter, milk , oil)
Main 2		Pork strips with vegetable and rice	(pork meat, garlic, onion, ground paprika, oil, worchester , tomato purée, potato starch, rice)
Main 3	VEG	Jamie Oliver's roasted vegetable vindaloo with rice	( soya , spinach, raisins, leek, tomatoes, parsley, worcester sauce , olive oil, carrot, cauliflower, turmeric, garam masala, bay leaf. voaurt , pea. pepper, zucchini, chickpea, onions, garlic, celery. ricel
MENU DIET*		Pork strips with vegetable and rice	(pork meat, garlic, onion, ground paprika, oil, worchester, tomato purée, potato starch, rice)
Salad		Corn salad with tuna	( <b>tuna</b> , corn, red and green pepper, red onion, spring onion, beans, dill, lemon juice)
Sandwich		Sandwich with chicken ham and tomato	( sandwich bread, mayonnaise , chicken ham, tomatoes, lettuce)
Tuesday			
Soup	VEG	Cream of peas	(pea, onion, rice flour <b>, butter, cream</b> , <b>milk</b> )
Main 1	EY	Turkey in creamy paprika sauce with pasta	(turkey meat, onion, flour, cream, oil, ground paprika, pasta)
Main 2		Beef stew with gingerbread sauce and celery-potato purée	(beef meat, thyme, onion, spring onion, nutmeg, cinnamon, bay leaf, clove, butter, milk, gingerbread, rice
Main 3	VEG	Chinese noodles with vegetables and egg	flour. olive oil. cream. celerv. potatoes) (noodles, onion, carrot, garlic, zucchini, egg, soy sauce, oyster sauce, coriander, ground paprika, bamboo
MENU DIET*		Beef stew with gingerbread sauce and crushed potatoes	sorouts. ainaer) (beef meat, thyme, onion, spring onion, nutmeg, cinnamon, bay leaf, clove, LF milk, gingerbread spice mix, rice
Salad		Pasta salad with chicken meat and fresh vegetables	flour. olive oil. potatoes)  ( pasta, yoghurt, mayonnaise , chicken meat, cucumber, peppers, corn)
Sandwich	VEG	Baguette with olive pesto and mozzarella	( baguette , olives, mozzarella , rucola, basil, olive oil )
Wednesda	ау		
Soup	VEG	Vegetable consommé with vegetables and fried peas	(carrot, <b>celery,</b> onion, broccoli, cauliflower, corn, oil, pea, <b>egg</b> )
Main 1	EY	Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, <b>celery</b> , parsley, onion, sugar, bacon, lemon juice, <b>mustard</b> , salt, pepper, thyme, all spice, bay
Main 2		Grilled pork baked with ham and cheese, crushed potatoes	leaf. butter . rice flour. vineaar. oil. cream. bread . veast. milk. eaa )  (pork meat, ham, onion, herbs, flour , oil, butter, cheddar cheese , potatoes
Main 3	VEG	Pumpkin frittata with feta cheese	(pumpkin, onion, spinach, oil, garlic, feta cheese, eggs, milk)
MENU DIET*		Grilled pork with crushed potatoes and salad	(pork meat, herbs, oil, potatoes, cucumber, paprika, tomatoes, iceberg lettuce)
Salad		Poke salad with tuna and bean pods	(rice, rice vinegar, bean pods, baby spinach, tuna, cucumber, sprouts, lime)
Sandwich		BLT sandwich	( sandwich bread, mayonnaise , bacon, tomatoes, lettuce)
Thursday			
Soup		Goulash soup	(beef meat, onion, garlic, marjoram, potatoes, <b>flour</b> , caraway seed, ground paprika)
Main 1	EY	Pasta with chicken in creamy zucchini sauce	(pasta, beef meat, basil, celery, garlic, onion, oregano, pepper, carrot, oil, crushed tomatoes, parmesan cheese)
Main 2		Meen moilee -white fish with indian curry and rice	( white fish , coriander, onion, chilli pepper, curry, cumin, turmeric, coconut milk, oil, crushed tomatoes,
Main 3	VEG	Baked potatoes with broccoli, cauliflower and cheese	tomatoes. mustard seed . potato starch. ainaer. rice) (potatoes, broccoli, cauliflower, nutmeg, potato starch, cream, cheese)
MENU DIET*		Tilapia fish with herb pesto, steamed vegetables, boiled potatoes	(tilapia fish, corn, green beans, cauliflower, peas, olive oil, parsley, basil, dill, lemon juice, potatoes)
Salad	VEG	Tomato salad with peppers and avocado	(tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin)
Sandwich		Reuben sandwich	(sandwich bread , roastbeef, mayonnaise , mustard , gherkins, cabbage, cheddar cheese )
Friday			
Soup	VEG	Chicken consommé with vegetables and rice noodles	(celery, parsley, carrot, onion, garlic, chicken meat, oil, cauliflower, rice noodles)
Main 1	EY	Chicken curry with rice	(chicken meat, garlic, onion, coconut milk, olive oil, pepper, curry paste, crushed tomatoes, ginger, rice)
Main 2		Creamy potato bake with smoked pork and green pea	(potatoes, smoked pork meat, bacon, onion, pea, cream, eggs)
Main 3	VEG	Chickpea chana masala with cous cous	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, cous cous)
MENU DIET*		Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomato, ginger, rice)
Salad		Potato salad with cream fresh, pea and smoked salmon	(potatoes, pea, cream fresh, capers, dill, smoked salmon )
Sandwich	VEG	Sandwich with baby spinach, cheddar cheese and egg	(sandwich bread, cheddar cheese, egg, butter)







 $<sup>\</sup>mbox{*}$  suitable for intolerance to three main allergens (gluten, lactose and eggs)

**Riverside** 20.10. - 24.10. 2025 www.freshandtasty.cz/riverside

Monday			
Soup	VEG	Vegetable broth with noodles	(broccoli, <b>celery,</b> onion, peas, salt, pepper, corn, cauliflower, carrots, oil, <b>noodles</b> )
Main 1	EY	Pork risotto with gherkin and cheese	(rice, pork meat, consommée, carrot, onion, leek, peas, corn, celery, oil, salt, ground paprika, pepper, gherkin,
Main 2		Turkey strips in teriyaki sauce with ginger carrota, spring onions and crushed potatoes	cheese ) (chickem meat, teriyaky sauce, oil, potato starch, soya sauce, salt, chicken consommée, carrot, ginger, spring onion. Depoer, potatoes, milk, butter)
Main 3	VEG	Ratatouille with jasmine rice	(zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil, rice)
MENU DIET*	VEG	Ratatouille with jasmine rice	(zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil, rice)
Salad	VEG	Cous cous salad with fresh vegetables	( cous cous , red peppers, cucumber, tomatoes, coriander, lemon)
Sandwich		Sandwich with smoked salmon and chives spread	(sandwich bread, smoked salmon, chives, spread butter)
Tuesday			
Soup	VEG	Creamy zucchini soup	(zucchini, potatoes, rice flour, onion, <b>cream</b> , parsley, oil, salt)
Main 1	EY	Roasted chicken leg with wild spice mix and mashed potatoes	(chicken leg, onion, bacon, wild spices, potatoes, milk, butter)
Main 2		Baked beef with "frankfurtska" creamy sauce with sausage and rice	(beef meat, beef consommé, onion, sausage , cream , rice flour, oil, ground paprika, rice)
Main 3	VEG	Baked pumpkin with red lentil and balkan cheese with pita bread	(pumpkin, red lentil, balkan cheese, onion, olive oil, lemon juice, garlic, parsley, mint, ground paprika, romain cumin. pita bread )
MENU DIET*	VEG	Baked pumpkin with red lentil and rice	(pumpkin, red lentil, onion, olive oil, lemon juice, garlic, parsley, mint, ground paprika, romain cumin, rice)
Salad	VEG	Pasta salad with fresh vegetable and pesto	( pasta , cucumber, pepper, corn, mayonnaise, olive , white yoghurt )
Sandwich		Club sandwich	(sandwich bread, iceberg lettuce, tomato, bacon, chicken meat, egg, mayonnaise)
Wedneso	lav		
Soup	,	Chicken soup "kaldoun"	(chicken meat, <b>celery</b> , carrot, parsley, bay leaf, nutmeg, <b>cream</b> )
Main 1	EY	Pasta with chicken in creamy herbs sauce	(chicken meat, herbs, pasta, cream, butter, oil, parmesan cheese)
Main 2		Turkey oreganata with rice	(turkey, olive oil, lemon juice, oregano, parsley, garlic, salt, rice)
Main 3	VEG	Israeli aubergine shakshuka with pita bread	(aubergine, cumin, garlic, olive oil, pepper, tomatoes, egg, mozzarella, pita bread)
MENU DIET*		Turkey oreganata with rice	(turkey, olive oil, lemon juice, oregano, parsley, garlic, salt, rice)
Salad	VEG	Lentil-bulgur bowl with chicken meat, egg and cauliflower	(lentil, <b>bulgur</b> , mix of leaves salad, chicken breast, <b>egg</b> , pickled cauliflower)
Sandwich		Reuben sandwich with shredded pork	(sandwich bread, pork meat, mayonnaise, mustard, gherking, cabbage, cheddar cheese)
Thursday	/		
Soup	VEG	Cauliflower curry soup	(cauliflower, onion, coconut milk, spring onion, garlic, oil, turmeric, sugar, lemon juice, sesame oil)
Main 1	EY	Beef in garlic sauce with spinach and potato dumplings	(beef meat, onion, garlic, rice flour, spinach, egg , oil, potato starch, potatoes, flour)
Main 2		Chicken strips with baby carrots, bean pods and crushed potatoes	(chicken meat, baby carrots, green beans, country mix seasoning, salt, butter, honey, oil, potatoes, milk,
Main 3	VEG	Wok fried turmeric tofu with rice	onion) (tofu, cream, milk, zucchini, carrot, chickpeas, bamboo shoots, soy sauce, oyster sauce, potato starch, lemon
MENU DIET*		Chicken strips with baby carrots, bean pods and crushed potatoes	iuice. oil. suaar. turmeric. aarlic. coriander. sesame oil. rice)  (chicken meat, baby carrots, green beans, country mix seasoning, salt, honey, oil, potatoes, LF milk, onion)
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	Sweet potato soup with smoked paprika	(sweet potatoes, parsley, onion, smoked paprika, rice flour, oil, cream)
Main 1	EY	Chicken tikka masala with rice	(chicken meat, onion, garlic, yoghurt, vindaloo, peppers, tomatoes, cream, rice)
Main 2		Slovak potato gnocchi "halušky" with smoked pork and cabbage	( gnocchi "halušky", smoked pork meat, pepper, salt, lard, bacon, cabbage, sugar, vinegar)
Main 3	VEG	Chilli con vegetables and corn nachos	(garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes, corn nachos)
MENU DIET*	VEG	Chilli con vegetables with rice	(garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes, rice)
Salad		Spinach salad with apples and bacon	(baby spinach, apples, bacon, chives, honey, mustard, lettuce, olive oil)
Sandwich		Sandwich with roastbeef and smoked cheese	(sandwich bread, roastbeef, mayonnaise, mustard, gherkin, cheese, rucola)







 $<sup>\</sup>mbox{*}$  suitable for intolerance to three main allergens (gluten, lactose and eggs)