

Monday

Soup	VEG	Carrot and sweet potatoes cream	( carrot, sweet potatoes, onion, <b>butter, cream</b> )
Main 1		Turkey goulash with pasta	( chicken breast, <b>flour, cream</b> , ground paprika, onion, <b>pasta</b> )
Main 2		Thai beef meat wih broccoli and rice	( beef meat, broccoli, garlic, <b>soya sauce, fish sauce</b> , potato starch, ginger, rice )
MENU VEG.	VEG	Aubergine-tomato masala with coriander cous cous	( onion, aubergine, turmeric, coriander, thyme, garlic, peeled tomatoes, <b>cous cous</b> )
ALLERGY FREE*		Turkey goulash with rice	( chicken breast, rice flour, ground paprika, onion, rice )
PM Snack	VEG	Butter choco roll	( <b>flour, milk</b> , yeast, <b>egg, chocolate</b> , baking powder )
Salad		Corn salad with tuna	( <b>tuna</b> , corn, red and green pepper, red onion, spring onion, beans, dill, lemon juice )
Sandwich		Baguette with ham, cheese and egg	( <b>baguette</b> , pork ham, <b>cheese, eggs</b> , tomatoes, <b>soft cheese</b> )

Tuesday

Soup		Chicken consommé with pasta	( <b>celery</b> , carrot, onion, parsley, <b>pasta</b> , chicken meat )
Main 1		Indian chicken butter sauce curry with rice	( chicken breast, <b>yoghurt</b> , ginger, garlic, vindaloo, <b>butter</b> , garam masala, tomato purée, saffron, bay leaves, rice )
Main 2		Pork patties with cabbage, mashed potatoes and baby carrots	( pork meat, cabbage, onion, garlic, marjoram, <b>egg, breadcrumb, flour</b> , potatoes, <b>milk, butter</b> , vegetable )
MENU VEG.	VEG	Vegetable casserol with roasted potatoes	( seasonal vegetable, red and white beans, herbs, potatoes )
ALLERGY FREE*		Vegetable casserol with roasted potatoes	( seasonal vegetable, red and white beans, herbs, potatoes )
PM Snack	VEG	Breadroll with egg spread	( "kaiserka" breadroll, egg, mayonnaise, parsley )
Salad		Pasta salad with chicken meat and fresh vegetables	( <b>pasta, yoghurt, mayonnaise</b> , chicken meat, cucumber, peppers, corn )
Sandwich	VEG	Baguette with olive pesto and mozzarella	( <b>baguette</b> , olives, <b>mozzarella</b> , rucola, basil, olive oil )

Wednesday

Soup	VEG	Red lentil and chickpea soup	( chickpea, red lentil, onion, peeled tomatoes, coriander )
Main 1		Chicken gyros with tzatziki and pita bread	( chicken meat, gyros spice, cucumber, <b>cream, pita bread</b> )
Main 2		Chinese twice cooked pork with rice	( pork meat, ginger, <b>soya sauce, potato starch</b> , onion, leek, pepper, rice )
MENU VEG.	VEG	Cauliflower patties with cheese, pumpkin purée and butter corn	( cauliflower, <b>egg, breadcrumbs</b> , herbs, <b>cheddar cheese</b> , corn, <b>butter</b> , pumpkin, potatoes, <b>milk</b> )
ALLERGY FREE*		Chicken gyros with rice pilaf	( chicken meat, gyros spice, rice, carrot, chickpea, spring onion, coriander )
PM Snack	VEG	Pizza baguette with spinach	( <b>baguette</b> , peppers, onion, corn, spinach, gherkin, tomato purée, garlic, herbs )
Salad		Poke salad with tuna and bean pods	( rice, rice vinegar, bean pods, baby spinach, <b>tuna</b> , cucumber, sprouts, lime )
Sandwich		BLT sandwich	( <b>sandwich bread, mayonnaise</b> , bacon, tomatoes, lettuce )

Thursday

Soup		Creamy turkey soup with vegetable	( turkey meat, <b>celery</b> , carrot, parsley, <b>butter, flour, cream, milk</b> )
Main 1		Chicken strips with creamy herbs sauce and rice	( chicken breast, <b>cream</b> , oil, thyme, parsley, marjoram, <b>butter</b> , garlic, rice )
Main 2		White fish with tomatoes, mozzarella and basil, mashed potatoes and cucumber	( <b>white fish</b> , dried tomatoes, basil, potatoes, <b>milk, butter</b> cucumber, dill )
MENU VEG.	VEG	Spinach frittata with salad	( potatoes, spinach, <b>cream, egg</b> , onion, <b>cheddar cheese</b> )
ALLERGY FREE*		Pork risotto and gherkins	( pork meat, rice, carrot, green pea, parsley, onion, peeled tomatoes, gherkin )
PM Snack	VEG	Buckwheat baguette with cheese and cucumber	( <b>baguette, butter, cheese</b> , cucumber )
Salad	VEG	Tomato salad with peppers and avocado	( tomatoes, green pepper, red onion, avocado, coriander, lemon juice, romaine cumin )
Sandwich		Reuben sandwich	( <b>sandwich bread</b> , roastbeef, <b>mayonnaise, mustard</b> , gherkins, cabbage, <b>cheddar cheese</b> )

Friday

Soup	VEG	Czech kulajda	( <b>cream, eggs</b> , onion, mushrooms, dill, vinegar, potatoes, caraway seeds, <b>flour</b> )
Main 1		Spaghetti Bolognese	( <b>pasta</b> , beef meat, peeled tomatoes, onion, carrot, garlic, <b>celery</b> , bayleaves, tomato purée, <b>parmesan cheese</b> )
Main 2		Roast pork with bread dumplings and cabbage	( pork meat, onion, <b>flour</b> , garlic, cumin, <b>eggs</b> , cabbage, sugar, <b>bread</b> , yeast, <b>milk</b> )
MENU VEG.	VEG	Palak paneer with rice	( <b>paneer cheese</b> , onion, spinach, garlic, <b>cream</b> , spice, herbs, rice )
ALLERGY FREE*		GF Spaghetti Bolognese	( GF pasta, beef meat, peeled tomatoes, onion, carrot, garlic, <b>celery</b> , bayleaves, tomato purée )
PM Snack	VEG	Cocoa cake with cottage cheese	( <b>flour, egg, milk, cottage</b> , sugar, cocoa, starch )
Salad		Potato salad with cream fresh, pea and smoked salmon	( potatoes, pea, <b>cream fresh</b> , capers, dill, <b>smoked salmon</b> )
Sandwich	VEG	Sandwich with baby spinach, cheddar cheese and egg	( <b>sandwich bread, cheddar cheese, egg, butter</b> )



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

VALD/NORB/KL

Monday		
Soup	VEG	Creamy tomato soup with tarhoňa pasta ( cream , tarhoňa pasta , garlic, onion, carrot, celery , peeled tomatoes, basil )
Main 1		Baked turkey breast with thyme, mashed potatoes and baby carrot (turkey meat, thyme, garlic, onion, potatoes, milk, flour, butter, baby carrot)
Main 2		Hoisin beef with vegetable and chinese noodles (beef meat, hoisin sauce, soybeans , yellow radish, onion, soya sprouts , potatoe starch, coriander )
Main 3	VEG	Bulgureto with vegetable and cheese ( bulgur , carrot, celery, pea, corn, chickpea, cheese , crushed tomatoes)
ALLERGY FREE*		Baked turkey breast with thyme and rice (turkey meat, thyme, onion, rice flour, herbs , rice)
PM Snack	VEG	Cottage cheese cake with raisins ( flour, egg, butter, milk, cottage cheese, baking powder , sugar, oil, raisins)
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		Turkey consommé with noodles (turkey, carrot, celery , onion, parsley, noodles )
Main 1		Roast chicken strips with vegetable and corn nachos (chicken meat, beans, peppers, corn, rice)
Main 2		Pork goulash with bread dumplings (pork meat, flour , onion, ground paprika, garlic, marjoram, egg, milk, yeast, bread )
Main 3	VEG	Greek zucchini cake with feta cheese and beetroot salad (zucchini, onion, dill, cheese, butter , oil, egg , beetroot, salad)
ALLERGY FREE*		Roast chicken strips with vegetable and corn nachos (chicken meat, beans, peppers, corn, rice)
PM Snack	VEG	Spinach twister ( flour, yeast, milk, egg, cheese , leek, garlic, onion, spinach)
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 )
Wednesday		
Soup	VEG	Minestrone soup ( celery , onion, zucchini, carrot, tomato, olive oil)
Main 1		Baked pork with gravy sauce and rice (pork meat, onion, butter, flour , herbs , rice)
Main 2		BBQ chicken leg with baked potatoes and coleslaw salad (chicken meat, spice, BBQ sauce , lettuce, potatoes, oil)
Main 3	VEG	Sweet buns with vanilla sauce ( flour, yeast, eggs , vanilla pudding , milk )
ALLERGY FREE*		Tuna rissoto (tuna , rice, pea, corn, carrot, turmeric, spring onion, herbs)
PM Snack		Breadroll with ham and cucumber ( breadroll , ham, cucumber, spread butter )
Salad		Lentil-bulgur bowl with chicken meat, egg and cauliflower (lentil, bulgur , mix of leaves salad, chicken breast, egg , pickled cauliflower)
Sandwich		Reuben sandwich with shredded pork ( sandwich bread , pork meat, mayonnaise, mustard , gherking, cabbage, cheddar cheese )
Thursday		
Soup	VEG	Czech potato soup (potatoes, celery , onion, garlic, cumin, marjoram, flour, carrot, mushrooms)
Main 1	VEG	Pasta 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 )
Main 3	VEG	Broccoli patties with mashed potatoes and steamed corn (broccoli, egg, breadcrumbs, herbs, cheddar , corn, butter, potatoes, milk)
ALLERGY FREE*		GF pasta with tomato-basil sauce (GF pasta, oil, tomatoes, onion, garlic, basil )
PM Snack		Savory filled pastry "burek" á la bolognese ( puff pastry , beef meat, tomatoes, tomato purée, starch, basil, oregano, sesame )
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 , zucchini, onion, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk )
Main 2		Minced pork schnitzel with mashed potatoes and gherkin (pokr meat, flour, egg, breadcrumb , potatoes, milk, butter )
Main 3	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 cottage cheese "přibináček" ( cottage cheese, cream , sugar, vanilla)
Salad	VEG	Mix of leaves salad with radish, watercress and egg (mix of leaves salad, radish, watercress, egg , carrot, sprouts)
Sandwich		Sandwich with roastbeef and smoked cheese ( sandwich bread , roastbeef, mayonnaise, mustard , gherkin, cheese , rucola)

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Monday

Soup	VEG	Vegetable cream	(carrot, parsley, <b>celery</b> , leek, potatoes, <b>butter, cream</b> , spice)
Main 1		Ham with mashed potatoes and green pea	(pork ham, potatoes, <b>milk, butter</b> , green pea)
Main 2		Baked beef with provencal herbs and rice	(beef meat, rice flour, thyme, rosemary, oregano, basil, marjoram, onion, tomatoes, rice)
MENU VEG.	VEG	Wok fried turmeric tofu with vegetable and saffron bulgur	( <b>tofu</b> , <b>cream</b> , <b>soya sauce</b> , lemon grass, ginger, turmeric, saffron, <b>bulgur</b> )
ALLERGY FREE*		Baked beef with provencal herbs and rice	(beef meat, rice flour, thyme, rosemary, oregano, basil, marjoram, onion, tomatoes, rice)
PM Snack	VEG	Chocolate donut	( <b>egg</b> , <b>flour</b> , yeast, <b>chocolate</b> , <b>baking powder</b> , sugar, <b>butter</b> , oil)
Salad	VEG	Bulgur salad with olives and cheese	( <b>bulgur</b> , capers, olives, lettuce, dried tomatoes, garlic, basil, olive oil, <b>balkan cheese</b> )
Sandwich	VEG	Baguette with cheese and salad	( <b>baguette</b> , <b>soft cheese</b> , <b>butter</b> , <b>gouda</b> , <b>ermine cheese</b> , <b>mozzarella</b> , lettuce)

Tuesday

Soup	VEG	Cream of mushrooms	( <b>cream</b> , mushrooms, onion, <b>flour</b> , thyme)
Main 1		Chicken risotto with vegetable, cheese and gherkin	(chicken meat, rice, onion, carrot, pea, corn, <b>celery, cheese</b> , tomato purée, ground <b>paprika</b> , <b>aherkin</b> )
Main 2		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, <b>butter</b> , peppers, onion, garlic, marjoram, potato starch, potatoes, dill )
MENU VEG.	VEG	Sweet potatoes curry with pea pods and rice	(sweet potatoes, onion, string pea, olive oil, red curry, pepper, spice, tomatoes, <b>coconut milk</b> , <b>chickpea</b> , <b>potato starch</b> , rice)
ALLERGY FREE*		Turkey cubes with herbs, peppers and crushed potatoes	(turkey meat, oil, peppers, onion, garlic, marjoram, potatoe starch, potatoes, dill )
PM Snack	VEG	Straciatella curd	( <b>cottage cheese</b> , <b>chocolate</b> , sugar)
Salad	VEG	Pasta salad with baked vegetable and yoghurt	( <b>pasta</b> , <b>yoghurt</b> , zucchini, carrot, herbs, onion, pepper)
Sandwich		Chef's tortilla	( <b>tortilla</b> , lettuce, <b>egg</b> , ham, <b>cheese</b> , <b>yoghurt</b> , tomato purée, tomatoes)

Wednesday

Soup		Garlic soup with bacon and egg	(garlic, <b>celery</b> , carrot, parsley, beef meat, bacon, potatoes, <b>egg</b> , marjoram)
Main 1		Chicken nuggets with mashed potatoes and corn	(chicken breast, <b>flour</b> , <b>eggs</b> , <b>milk</b> , <b>breadcrumbs</b> , <b>butter</b> , potatoes, corn)
Main 2		Segedin goulash with bread dumplings	(pork meat, cabbage, onion, <b>flour</b> , <b>cream</b> , caraway seed, yeast, <b>eggs</b> , <b>bread</b> , <b>milk</b> )
MENU VEG.	VEG	Fruit dumplings with strawberries and cottage cheese	( <b>flour</b> , yeast, <b>egg</b> , <b>milk</b> , <b>cottage cheese</b> , strawberries, sugar, <b>butter</b> )
ALLERGY FREE*		Gyros mix with rice pilaf	(turkey meat, pork meat, gyros spice, salt, oil, rice, herbs, onion, carrot, chickpea, ground <b>paprika</b> )
PM Snack	VEG	Cheesy "snail"	( <b>flour</b> , yeast, <b>egg</b> , <b>milk</b> , <b>cheese</b> )
Salad		Caesar salad with roastbeef	(romaine lettuce, roastbeef, spice, <b>egg</b> , <b>bread</b> , <b>cheese</b> , <b>mayonnaise</b> , <b>anchovies</b> , <b>mustard</b> )
Sandwich	VEG	Sandwich Caprese	( <b>sandwich bread</b> , tomatoes, basil, <b>mozzarella</b> )

Thursday

Soup		Chicken consommé with noodles	( <b>celery</b> , carrot, parsley, <b>noodles</b> , chicken meat)
Main 1		Meat balls with tomato sauce "rajská" and pasta	(beef meat,pork meat, tomatoes, <b>celery</b> , bay leaves, sugar, <b>flour</b> , cinnamon, oil, rice)
Main 2		Baked tuna with mashed potatoes and steamed celery stalks with corn	( <b>tuna</b> , herbs, <b>milk</b> , <b>butter</b> , potatoes, <b>celery stalks</b> , corn)
MENU VEG.	VEG	Paneer tikka masala with rice	( <b>paneer cheese</b> , onion, garlic, <b>yoghurt</b> , vindaloo, pepper, tomatoes, <b>cream</b> , garlic, rice)
ALLERGY FREE*		Baked tuna with mashed potatoes and steamed celery stalks with corn	( <b>tuna</b> , herbs, LF milk, potatoes, <b>celery stalks</b> , corn)
PM Snack		Multicereal croissant with rucola and chicken ham	( <b>multicereal croissant</b> , chicken ham, rucola)
Salad	VEG	Mixed salad with sundried tomatoes	(peppers, iceberg lettuce, tomatoes, cucumber, olives, sundried tomatoes, garlic, <b>parmesan cheese</b> , olive oil)
Sandwich		Sandwich with chopped pork meat and cheddar	( <b>sandwich bread</b> , pork meat, bbq sauce, <b>cheddar cheese</b> , tomato purée, <b>worchester</b> , smoked salt)

Friday

Soup		Goulash soup	(beef meat, garlic, marjoram, <b>flour</b> , cumin, ground pepper)
Main 1		Beef with creamy vegetable "svíčková" sauce and bread dumplings	(beef, carrot, <b>celery</b> , onion, oil, all spice, <b>cream</b> , <b>flour</b> , <b>bread</b> , yeast, <b>milk</b> , <b>egg</b> )
Main 2		Baked chicken leg with mashed potatoes	(chicken leg, onion, <b>butter</b> , <b>flour</b> , <b>consommé</b> , garlic, herbs, salt, potatoes, <b>milk</b> )
MENU VEG.	VEG	Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomato, oil, parsley, thyme, corn nachos)
ALLERGY FREE*		Vegetable-beans stew with nachos	(onion, garlic, herbs, beans, carrot, tomato, oil, parsley, thyme, corn nachos)
PM Snack	VEG	Homemade cottage cheese cake with crumbs	( <b>flour</b> , <b>egg</b> , <b>milk</b> , potato starch, <b>cottage cheese</b> , sugar)
Salad	VEG	Greek salad	(pepper, olives, cucumber, olive oil, tomatoes, <b>feta cheese</b> )
Sandwich		Baguette with chicken meat, camembert and lettuce	( <b>baguette</b> , chicken meat, <b>mayonnaise</b> , <b>soft cheese</b> , lettuce, <b>camember</b> )

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by Zálki Group

VALD/NORB/KL

Monday			
Soup	VEG	Tomato with basil	(tomato, basil, carrot, onion, dried tomatoes, garlic, <b>celery</b> )
Main 1		Wok fried turmeric chicken with rice	(chicken meat, <b>cream</b> , lemongrass, garlic, <b>fish sauce</b> , <b>oyster sauce</b> , turmeric, <b>sesame oil</b> , rice)
Main 2		Grilled pork cutlet with crushed potatoes and pea	(pork meat, onion, herbs, potatoes , <b>milk</b> , <b>butter</b> , green pea)
Main 3	VEG	Cantonese rice with vegetables and egg	(rice, <b>egg</b> , leek, peppers, spring onion, zucchini, carrot, <b>soya sauce</b> )
ALLERGY FREE*		Grilled pork cutlet with crushed potatoes and pea	(pork meat, onion, herbs, potatoes, LF milk, green pea )
PM Snack	VEG	Chocolate twister with vanilla puding	( <b>flour</b> , yeast, <b>milk</b> , <b>egg</b> , chocolate, vanilla puding)
Salad	VEG	Nicoise	(potatoes, beans pods, olives, tomatoes, parsley)
Sandwich		Baguette with ham, cheese and egg	( <b>baguette</b> , pork ham, <b>cheese</b> , <b>eggs</b> , tomato, <b>soft cheese</b> )

Tuesday			
Soup		Chicken consommé with vegetable	(carrot, parsley, <b>celery</b> , onion, <b>eggs</b> , chicken meat)
Main 1		Beef goulash with bread dumplings	(beef meat, <b>flour</b> , onion, ground paprika, garlic, marjoram, <b>egg</b> , <b>milk</b> , yeast , <b>bread</b> )
Main 2		Turkey meatloaf with mashed potatoes and steamed vegetable	(turkey meat, onion, garlic, marjoram, <b>eggs</b> , <b>breadcrumb</b> , <b>flour</b> , potatoes, <b>milk</b> , <b>butter</b> , vegetable )
Main 3	VEG	Pumpkin frittata with spinach	(pumpkin, garlic, <b>balcan cheese</b> , <b>egg</b> , <b>cream</b> , <b>milk</b> )
ALLERGY FREE*		Moroccan chicken cubes with green olives and rice	(chicken meat, peeled tomatoea, green olives, onion, lemon, ginger, cinnamon, rice)
PM Snack	VEG	Watermelon fruit cup	(fresh watermelon)
Salad		Chef´s salad	(lettuce, tomato, cucumber, ham, <b>egg</b> , <b>cheese</b> , <b>bread</b> , <b>yoghurt</b> , tomato purée, <b>mayonnaise</b> )
Sandwich	VEG	Baguette with basil pesto, tomatoes and mozzarella	( <b>baguette</b> , <b>mozzarella</b> , tomatoes, basil, <b>parmesan cheese</b> , garlic)

Wednesday			
Soup	VEG	Oyster mushrooms soup	(onion, oyster mushroom, garlic, ground paprika, marjoram)
Main 1		Baked pork with creamy red paprika sauce and pasta	(pork meat, onion, <b>butter</b> , ground paprika, <b>flour</b> , <b>cream</b> , herbs, <b>pasta</b> , <b>egg</b> )
Main 2		Creamy potato bake with chicken meat and spinach	(potatoes, chicken meat, spinach, <b>cream</b> , garrlic, starch, spring onion, nutmeg)
Main 3	VEG	Lentil and cauliflower dhal with rice	(lentils, rice, cauliflower, onion, garlic, <b>vindaloo</b> , tomato, coriander, rice)
ALLERGY FREE*		Lentil and cauliflower dhal with baked potatoes	(lentils, rice, cauliflower, onion, garlic, <b>vindaloo</b> , tomato, coriander, potatoes)
PM Snack		Breadroll "kaiserka" with bacon and cheese	( " <b>kaiserka</b> " <b>breadroll</b> , bacon, <b>cheese</b> )
Salad	VEG	Mexican street corn salad "Esquites"	(corn, spring onion, pepper, <b>mayonnaise</b> , coriander, lime, garlic)
Sandwich		Baguette with roastbeef	( <b>baguette</b> , dried tomatoes, onion, <b>butter</b> , <b>mustard</b> , roastbeef, amazon spice, horseradish)

Thursday			
Soup		Cabbage soup with sausage	(cabbage, onion, caraway seed, <b>flour</b> , sausage, <b>cream</b> , bayleaves, ground paprika, potatoes)
Main 1		Meat balls with mashed potatoes and cranberries	(beef meat, pork meat, <b>flour</b> , <b>eggs</b> , <b>milk</b> , <b>breadcrumbs</b> , <b>butter</b> , cranberries, onion, carrot, <b>celery</b> )
Main 2		Baked beef with mushrooms and bread dumplings	(beef meat, mushrooms, herbs, onion, <b>flour</b> , yeast , <b>egg</b> , <b>bread</b> )
Main 3	VEG	Indian butter curry with soya and rice	( <b>soya meat</b> , <b>yoghurt</b> , ginger, garlic, <b>butter</b> , garam masala, tomatoes, curry, rice )
ALLERGY FREE*		Baked cod fish with herbs, baked potatoes and baby carrot	( <b>cod</b> , herbs, oil, herbs, potatoes, baby carrot)
PM Snack	VEG	Homemade apple strudel	
Salad		Kenya beans salad	(sweet corn, spring onion, bacon, garlic, pepper, lettuce)
Sandwich	VEG	Sandwich with grilled vegetables and hummus	( <b>sandwich bread</b> , chickpea, olive oil, coriander, lemon, <b>sesame oil</b> )

Friday - LAST DAY			
Soup	VEG		
Main 1		Caesar Tortilla	( <b>tortilla</b> , chicken meat, romaine lettuce, <b>egg</b> , <b>cheese</b> , <b>mayonnaise</b> , <b>anchovies</b> , <b>mustard</b> )
Main 2	VEG	Pizza Margherita	( <b>flour</b> , <b>milk</b> , yeast, oregano, tomatoes, oil, <b>cheese</b> )
Main 3	VEG	Pizza Margherita	( <b>flour</b> , <b>milk</b> , yeast, oregano, tomatoes, oil, <b>cheese</b> )
ALLERGY FREE*		Mixed salad with dried tomatoes	(peppers, lettuce, tomatoes, cucumber, olives, dried tomatoes, garlic)
PM Snack			
Salad	VEG		
Sandwich			

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