

Riverside

Monday

Soup	Indian tomato and red lentil soup	(red lentils, cream , tandoori masala, coriander, vindaloo paste, peeled tomatoes)
Main 1	Pasta with turkey meat in creamy pumpkin sauce	(pasta , turkey meat, thyme, pumpkin, butter, cream, cheese)
Main 2	Chinese sweet and sour chicken with rice	(chicken meat, garlic, spring onion, peppers, tomato paste, soya sauce , vinegar, bamboo sprouts, sugar, rice)
Main 3 VEG	Chickpea chana masala with turmeric bulgur	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomatoes, ginger, bulgur)
ALLERGY FREE*	Chickpea chana masala with rice	(chickpea, onion, garlic, lemon, coriander, cumin, spice garam masala, tomatoes, ginger, rice)
Salad	Asian cucumber salad with goma wakame	(cucumbers, wakame, spring onions, sesame , coriander, rice vinegar, sugar)
Sandwich	Sandwich with Prague ham, gherkins and egg	(sandwich bread , Prague ham, leek, horseradish, gherkins, iceberg lettuce, egg)

Tuesday

Soup	Czech potato soup	(potatoes, carrot, celery , onion, parsley, mushrooms, marjoram, garlic, flour)
Main 1	Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot, parmesan cheese)
Main 2	Stuffed potato dumplings with smoked pork meat and cabbage	(potatoes, smoked pork meat, flour, egg, milk , cabbage, onion, cumin)
Main 3 VEG	Baked pasta with mushrooms and cream	(pasta, egg, cream, milk , onion, mushroom)
ALLERGY FREE*	Rissoto Bolognese	(rice, celery , beef meat, onion, cloves, olive oil, tomatoes, carrot)
Salad	Sweet cous cous salad	(dried bananas, cranberries, apricots, raisins, mint, honey, cous cous)
Sandwich	Sandwich with cucumber, cheese and tzatziki spread	(sandwich bread , cucumber, soft cheese , tzatziki spices)

Wednesday

Soup	Czech pea soup	(pea, onion, garlic, marjoram)
Main 1 VEG	Spaghetti with creamy zucchini sauce	(pasta , zucchini, cream , butter , garlic, basil)
Main 2	Grilled fish patties with carrot purée and cauliflower	(tuna, salmon, tilapie, egg, flour , parsley, milk, butter , carrot, cream , cauliflower)
Main 3	Chicken stroganoff with rice	(chicken meat, onion, cream , rice, pepper, gherkin, mushroom)
ALLERGY FREE*	Grilled fish with potatoes and cauliflower	(tilapie fish , potatoes, cauliflower)
Salad	Mixed salad with beans and mustard dressing	(iceberg lettuce, cucumber, tomatoes, peppers, onion, red beans, mustard , honey, olive oil)
Sandwich	BBQ chicken sandwich	(sandwich bread , bacon, egg , chicken meat, cheddar cheese , iceberg lettuce)

Thursday

Soup	Creamy tyrolean cheese soup	(potatoes, cheese, butter, flour , garlic, bread crutons)
Main 1	Chicken nuggets with mashed potatoes	(chicken breast, flour, eggs, milk, breadcrumbs, butter , potatoes)
Main 2	Roasted pork with bread dumplings and cabbage	(pork meat, onion, flour , garlic, cumin, eggs , cabbage, sugar, bread , yeast, milk)
Main 3 VEG	Ratatouille with rice	(peeled tomatoes, peppers, zucchini, aubergine, herbs, onion, rice)
ALLERGY FREE*	Ratatouille with rice	(peeled tomatoes, peppers, zucchini, aubergine, herbs, onion, rice)
Salad	Salad with roasted zucchini, mushrooms and broccoli	(broccoli, zucchini, mushrooms, sundried tomatoes, basil, onions, carrot)
Sandwich	Baguette with smoked salmon, beetroot and dill	(baguette , smoked salmon , beetroot, balsamico, sugar, dill, baby spinach)

Friday

Soup	Beef consommé with vegetable and meat	(celery , carrot, onion, beef meat, parsley)
Main 1	Penne with salmon in tomato sauce	(pasta, salmon , tomatoes, onion, garlic, basil)
Main 2	Baked pork with tyrolean cheese sauce and spatzel	(pork meat, cheese, egg, flour, milk, cream, butter)
Main 3 VEG	Germknodel with vanilla sauce	(flour, yeast, egg, vanilla, milk, plum jam)
ALLERGY FREE*	GF pasta with salmon in tomato sauce	(GF pasta, salmon , tomato, onion, garlic, basil)
Salad	Salad with green lentils, cauliflower and couscous	(lentil, cauliflower, couscous , carrot, olives, celery , sesame , cinnamon)
Sandwich	Baguette with roasted zucchini and mozzarella	(baguette , zucchini, mozzarella , dried tomatoes pesto)



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