

Week from 15.8. to 19.8.2022

GF – from gluten-free ingredients, V – vegan, S - spicy

Monday

15.8.2022

Soup:	Vegetable soup with millet	GF,V	
1.	Alfredo tagliatelle with goody foody and greenpea		[1,3,6,7]
2.	Lentil dhal with coconut milk and baked sweet potatoes, baked potatoes	GF,V	
3	Balkan robi steak, mashed potatoes		[1,3,7] [7]
Salad:	Greenbean-tomato salad with sesame	GF,V	[11]
Dessert:	RAW blueberry mousse	GF,V	[8]

Tuesday

16.8.2022

Soup:	Thai tom-kha soup	GF,V,S	[6]
1.	Roasted summer vegetables with homemade pesto, jasmine rice	GF,V	
2.	Lentil stew with eggplant and tofu, chive potatoes	GF,V	[6]
3	Mexican lasagna		[1,3,6,7]
Salad:	Cucumber-tomato with olives	GF,V	
Dessert:	Tiramisu with strawberry	GF	[3,7]

Wednesday

17.8.2022

Soup:	Summer borsch soup	GF,V	
1.	Seitan in red curry with leek and mushrooms, jasmine rice	V,S	[1,6]
2.	Zucchini moussaka		[1,7]
3	Grilled tofu with vegetable creamy sauce, parsley potatoes	GF,V	[6,9,10]
Salad:	Vegan "Caesar" salad	V	[1,6,10]
Dessert:	Tiramisu with strawberry	GF	[3,7]

Thursday

18.8.2022

Soup:	Miso soup with tofu	GF,V	[6,9]
1.	Fregola Sarda with tomatoes		[1,3,7]
2.	Chickpea-quinoa curry, jasmine rice	GF,V,S	
3	Baked cauliflower with cheddar and cherry tomatoes	GF	[3,7]
Salad:	Thai salad with green peas	GF,V	[5,6]
Dessert:	Banana-chocolate cake	GF,V	[6]

Friday

19.8.2022

Soup:	Sour cream lentils soup	GF,V	
1.	Carrot-cheese burgers, mashed potatoes		[1,3,7] [7]
2.	Paneer tikka masala, brown rice	GF	[7]
3	Teriyaki tempeh stir fry, brown rice	GF,V	[6,8,11]
Salad:	Cauliflower salad with sun-dried tomatoes	GF,V	
Dessert:	Banana-chocolate cake	GF,V	[6]

Allergens: [1] Cereals containing gluten [3] Eggs [5] Peanut [6] Soybeans, [7] Milk [8] Nuts [9] Celery [10] Mustard [11] Sesame seeds [12] Sulphur dioxide and sulphites [13] Lupin

* Note: Food may contain trace amounts of allergens

