

**Menu proposal - Radio Orienteering Association - Liberec World Championship****alergen****DINNER 1st day - Thursday 24.8.**

	Soup: Vegetable soup with oates	1
1	Crumbed minced pork schnitzel, mashed potatoes, pickle	1, 3, 7
2 GF	Turkey breast on fresh marjoram, boiled potatoes	7

**LUNCH 2nd day - Friday 25.8.**

	Soup: Red lentil soup with zucchini	1
1	Turkey roulade with bacon and egg, rice and vegetable	1, 3
2 VEG	Potato gnocchi with wild mushroom sauce and fresh herbs	1, 3, 7
3 GF	Pork medallions, roast potatoes, vegetable	
4 VEG	Tagliatelle with zucchini and parmesan	1, 7

**DINNER 2nd day - Friday 25.8.**

1	Beef ragú Peposo with tagliatelle and parmesan	1, 3, 7
2	Roast pork with sweet & sour sauce and traditional czech style dumplings	1, 3, 7, 10
4 VEG	Fresh vegetable and boiled eggs platter with bread roll 2 eggs, tomatoes, cucumber, corn, carrot, capsicum and white cabbage	3

**LUNCH 3th day - Saturday 26.8.**

	Soup: Creamy spinach and eggs soup	1, 3, 7
1	Grilled chicken, boiled potatoes, fresh herbs dip	1, 7
2	Buttered fish filé, steak fries, vegetable	4, 7
3 GF	Chilli con carne, jasmine rice	
4 VEG	Marinated tofu with chinese vegetable, basmati rice	6

**DINNER 3rd day - Saturday 26.8.**

1	Pork schnitzel, pasta and fresh vegetable salad	1, 3, 7
2 GF	Chicken and pineapple in creamy sauce, rice basmati	7
3 VEG	Boiled eggs, lentils and carrot salad	1, 3, 10

**LUNCH 4th day - Sunday 27.8.**

	Soup: Traditional potato and root vegetable soup	1
1	Roast pork on caraway seeds, pasta	1, 3
2	Chicken with sun-dried tomatoes and mozzarella roulade, mash potato, pickle	1, 7
3 GF	Chicken shuǐ zhǔ ròu with leek, cabbage, chilli and soy sauce, jasmine rice	3, 6
4 VEG	Soya meat spaghetti bolognese, parmesan cheese	1, 6, 7

**DINNER 4th day - Sunday 27.8.**

1	Braised beef on root vegetable with red wine, bulgur	1, 6
2 GF	Turkey breast with sunflower seeds and leek, jasmine rice	6, 11
3 VEG	Roasted tilapia fish with fresh vegetable salad and bread roll	1, 4, 7

**LUNCH 5th day - Monday 28.8.**

packages	no soup	
1	Ham, cheese and boiled egg sandwich	1, 3, 7
2 VEG	Cheese sandwich with edam, brie, lettuce, capsicum and tomato	1, 3, 7
GF	gluten free bread with choice of filling as above	3, 7
	Bread rolls, apple, banana, muesli bar, water, juice	1, 3, 7

**DINNER 5th day - Monday 28.8.**

	Soup: Czech style onion soup with vegetable and potatoes	3
1	Roast pork alla Spaniard - pork neck in brown sauce with speck, ham, mustard and egg, traditional cze	1, 3
2 GF	Thai yellow chicken curry with coconut milk, basmati rice	6, 10
3 VEG	Sweet pasta bake with raisins, cottage cheese and peach compote	1, 3, 7

**LUNCH 6th day - Tuesday 29.8.**

	Soup: Beef consommé with pasta and root vegetable	1, 3
1	Chicken breast fillet, boiled potatoes and mix fruit compote	1
2	Pasta salad with ham, capsicum, tomatoes, edam cheese and bread roll	1, 7
3 GF	Braised pork leg with vegetable, jasmine rice	9
4 VEG	Potato and veggie meat gratin with peas and capsicum, beetroot	1, 3, 6, 7

**DINNER 6th day - Tuesday 29.8.**

1	Crumbed pork and edam cheese schnitzel, boiled potatoes, cucumber salad	1, 3, 7
2 GF	Potato gratin with Provencal herbs chicken, vegetable salad	3, 7
3	Mahi-mahi in herb crust, mashed potatoes, vegetable	1, 3, 4

**LUNCH 7th day - Wednesday 30.8.**

	Soup: Vegetable and rice	
1	Rabbit and almonds with bacon and vegetable, jasmine rice	1, 3, 7, 8
2 VEG	Potato gnocchi and creamy spinach sauce	1, 3, 7
3 GF	Salmon fillet, baby carrot and potato pureé, vegetable	4, 7
4 VEG	Vegetable and edam cheese rice pilaf, pickled vegetable	7

**DINNER 7th day - Wednesday 30.8.**

1 GF	Chicken paprika - chicken in creamy paprika sauce with corn pasta	3, 7
2 GF	Pork fillet medallions with red wine jus, steak fries, vegetable	
2 VEG	Fruit filled dumplings with cinamon, butter and icing sugar	1, 3, 7

**LUNCH 8th day - Thursday 31.8.**

packages	no soup	
1	Chicken schnitzel and lettuce sandwich with cucumber	1, 3, 7
2 VEG	Cheese and egg sandwich with brie, edam and tomato	1, 3, 7
GF	Gluten free bread sandwich with brie, edam, egg and tomato	3, 7
	Bread rolls, apple, banana, muesli bar, water, juice	1, 3, 7

**DINNER 8th day - Thursday 31.8.**

	Soup: Vegetable and lost egg soup	1, 3
1	Smoked pork, spinach and slovakian Spätzle	1, 3, 7
2 GF	Meatballs in tomato sauce, basmati rice	3
3 VEG	Soya veggie meat with baby carrot, shoyu and boiled potatoes	1, 3, 6

**LUNCH 9th day - Friday 1.9.**

	Soup: Chicken consommé with meat, vegetable and pasta	1, 3
1	Roast pork leg, gravy, pasta	1, 3
2	Salmon and vegetable platter - carrot, white cabbage, capsicum, tomatoes, corn and bread roll	1, 3, 4, 7
3 GF	Chicken breast with edam cheese, boiled potatoes and vegetable	7
4 VEG	"Ducat buns" - mini buns with vanilla custard sauce	1, 3, 7

**DINNER 9th day - Friday 1.9.**

1	Pork chop with pepper sauce, steak fries and vegetable	1, 7
2 GF	Roast chicken leg with chicken liver, bacon and mushroom sauce, corn pasta	3, 7
3 VEG	Pesto pasta - spaghetti with basil pesto and tomatoes, parmesan	1, 3

Additional requirements for each meal:

- Drinking regime - in the form of self-service selection
- Small vegetable salad - served on a bowl/plate
- A small sweet dessert (baked slice, cake, sweet pastry...)