

WEEKLY MENU

FEBRUARY 2ND TO 6TH



GLUTEN

FISH

MILK

SHELLFISH

EGGS

NUTS

SESAME
SEEDS

MOLLUSCS

CELERY

MUSTARD

SOYA

SULPHITES



MONDAY	MORNING SNACK	Yoghurt / Fruit and crackers	 
	SOUP	"Juliana" soup	 
	MAIN DISH	Rissoles with carrot rice	 
	SIDES	Salad	
	VEG. DISH	Vegetable crêpes with carrot rice	 
	DESSERT	Seasonal fruit (3 varieties)	
TUESDAY	AFTERNOON SNACK	Sandwiches with a variety of garnishes	 
	MORNING SNACK	Yoghurt / Fruit and crackers	 
	SOUP	White bean and broccoli soup	 
	MAIN DISH	Onion beef steak with pasta	  
	SIDES	Salad	
	VEG. DISH	Vegetable tempura with pasta	 
WEDNESDAY	DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK	Sandwiches with a variety of garnishes	 
	MORNING SNACK	Yoghurt / Fruit and crackers	 
	SOUP	Leek cream	
	MAIN DISH	Boiled hake with potatoes and egg	 
	SIDES	Salad	
THURSDAY	VEG. DISH	Sautéed vegetables with potatoes	
	DESSERT	Gelatine	
	AFTERNOON SNACK	Sandwiches with a variety of garnishes	 
	MORNING SNACK	Yoghurt / Fruit and crackers	 
	SOUP	Turnip greens soup	
	MAIN DISH	Chicken bolognese	
FRIDAY	SIDES	Salad	
	VEG. DISH	Soy bolognese	
	DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK	Sandwiches with a variety of garnishes	 
	MORNING SNACK	Yoghurt / Fruit and crackers	 
	SOUP	Carrot cream	
LUNCH	MAIN DISH	Tuna rice pie	
	SIDES	Salad	
	VEG. DISH	Vegetable curry with chickpeas	
	DESSERT	Seasonal fruit (3 varieties)	
	AFTERNOON SNACK	Sandwiches with a variety of garnishes	 

 The meal may contain the following substances or their derivatives: gluten, fish, milk, shellfish, eggs, nuts, sesame seeds, molluscs, celery, mustard, soya and sulphites. For people without allergies or intolerances, these ingredients are harmless. If you need more information about the ingredients, please ask the staff.