

# WEEKLY MENU

MAY 4<sup>TH</sup> TO 8<sup>TH</sup>



			Kcal				
			Pre School	Primary	Lower Secondary	Upper Secondary	
MONDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and "Maria" biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Spinach	76	76	95	95
		MAIN DISH	Roast pork loin with rosemary, served with saffron rice	253	313	406	472
		DIET	Grilled chicken steak with carrot rice	201	260	350	414
		VEG. DISH	Sautéed seitan steak <sup>1,6</sup> with mixed peppers and saffron rice	187	251	319	393
		VEGETABLES / SALAD	Raw macedonia and salad at the buffet	53/85	77/109	101/156	126/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread with cheese or butter <sup>1,7</sup> , juice 100% Pack or plain milk <sup>7</sup>					
TUESDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and corn crispbread					
	LUNCH	SOUP	Red kidney beans with cabbage and carrots	106	106	125	125
		MAIN DISH	Tricolour fusilli with salmon, peas, carrots and sweetcorn <sup>1,4</sup>	417	484	643	738
		DIET	Oven-baked salmon fillet <sup>4</sup> with herbs, boiled potatoes and broccoli	338	417	538	605
		VEG. DISH	Tricolour fusilli with vegetarian sausage, mushrooms, peas, carrots and sweetcorn <sup>1,6</sup>	208	275	370	463
		VEGETABLES / SALAD	Raw coriander beans and salad at a buffet	68/85	96/109	132/156	163/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Drinking yoghurt <sup>7</sup> / plain milk <sup>7</sup> with "Maria" biscuits <sup>1,6,7,12</sup> and cheese triangles <sup>7</sup>					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and crackers <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Watercress	73	73	89	89
		MAIN DISH	Oven-roasted chicken with oregano, served with chips or rice	350/362	424/435	546/557	619/630
		DIET	Simple browned chicken with white rice and diced carrots	371	444	572	644
		VEG. DISH	Mushroom omelette <sup>5</sup> with parsley and white rice	244	329	429	522
		VEGETABLES / SALAD	Sautéed mixed vegetables and raw salad at a buffet	72/85	102/109	131/156	160/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread <sup>1,8</sup> with turkey or chicken ham, or butter <sup>7</sup> and chocolate <sup>7</sup> or plain milk <sup>7</sup>					
THURSDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and toasted biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	Carrots with leeks	76	76	99	99
		MAIN DISH	Tuna salad (black-eyed peas, potatoes, carrots, peas, egg) <sup>3,4</sup>	461	554	690	803
		DIET	Croaker <sup>4</sup> or ling <sup>4</sup> cooked with potatoes and cauliflower	188	248	305	355
		VEG. DISH	Tofu salad <sup>6</sup> with potatoes, carrots, peas, sweetcorn and black-eyed peas	311	395	521	627
		VEGETABLES / SALAD	Sautéed green beans and raw vegetable salad at the buffet	38/85	58/109	84/156	107/176
		DESSERT	Seasonal fruit (3 varieties) and gelatine	40/60	40/60	76/120	76/120
	AFTERNOON SNACK	Cereal bar <sup>1,6,7</sup> and plain milk <sup>7</sup> or multigrain bread with butter <sup>1,7</sup>					
FRIDAY	MORNING SNACK	Flavoured yoghurt <sup>7</sup> or a piece of fruit and wholemeal biscuits <sup>1,6,7,12</sup>					
	LUNCH	SOUP	"Juliana"	75	75	116	116
		MAIN DISH	Oven-baked veal burger <sup>1,6,12</sup> with mushroom sauce and spaghetti <sup>1</sup>	229	284	397	510
		DIET	Oven-roasted turkey skewers with lemon sauce and spaghetti <sup>1</sup>	176	245	325	400
		VEG. DISH	Quinoa burger <sup>1,6</sup> with spaghetti <sup>1</sup>	219	254	364	473
		VEGETABLES / SALAD	Sautéed turnip greens and raw salad at the buffet	46/85	69/109	94/156	117/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Rye bread with butter <sup>1,7</sup> and flavoured yoghurts <sup>7</sup> or plain milk <sup>7</sup>					

Your meal contains or may contain the following substances or products and their derivatives:

1-Gluten, 2-Shellfish, 3-Eggs, 4-Fish, 5-Peanuts, 6-Soya, 7-Milk, 8-Nuts, 9-Celery, 10-Mustard, 11-Sesame seeds, 12-Sulphur dioxide and sulphites, 13-Lupin, 14-Molluscs.

For those who are not allergic or intolerant, these substances or products are completely harmless.

If you require further information about the products in question, please ask the staff.

**Note:** The salad bar offers the following daily: carrots, grated beetroot, red cabbage, tomatoes, cucumbers, lettuce, onions and olives.