

# WEEKLY MENU

MAY 11<sup>TH</sup> TO 15<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	Carrot and chopped broccoli cream	94	94	128	128
		MAIN DISH	Beef stew with peas, carrots and pasta <sup>1</sup>	333	398	537	614
		DIET	Simple beef stew with pasta <sup>1</sup> and cooked vegetables	306	371	499	575
		VEG. DISH	Lentils in tomato sauce with pasta <sup>1</sup>	239	324	462	578
		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	Vegetables	85	85	111	111
		MAIN DISH	Cod in cream sauce <sup>1,4,7</sup>	257	336	489	618
		DIET	Grilled perch <sup>4</sup> , potatoes, carrots and green beans	207	269	337	387
		VEG. DISH	Chickpea, potato, carrot, green bean and hard-boiled egg <sup>3</sup> salad	334	419	531	661
		VEGETABLES / SALAD	Sautéed pasta <sup>1</sup> with beans and fresh salad at a buffet	78/85	109/114	151/156	176/205
		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	Turnip greens	86	86	105	105
		MAIN DISH	Mixed grill (chicken drumsticks, Tuscan sausage) <sup>6,12</sup> , white rice and black beans	531	614	747	830
		DIET	Grilled chicken drumstick with white rice	257	297	385	424
		VEG. DISH	Sliced seitan <sup>1,6</sup> with mushrooms, rice and black beans	279	388	499	619
		VEGETABLES / SALAD	Sautéed spinach and raw salad at the buffet	49/85	68/109	90/156	108/176
		DESSERT	Seasonal fruit (3 varieties) and dual colour pudding <sup>7</sup>	40/84	40/84	79/168	76/168
	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	Chickpea purée with diced carrots and turnips	126	126	154	154
		MAIN DISH	Hake <sup>4</sup> salad with potatoes, carrots, peas and sweetcorn	237	277	364	423
		DIET	Poached hake <sup>4</sup> , potatoes and broccoli	189	250	307	357
		VEG. DISH	Vegetable tortilla <sup>3</sup>	269	337	453	540
		VEGETABLES / SALAD	Sautéed savoy cabbage and raw salad at the buffet	37/85	60/109	82/156	104/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	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	"Caldo verde"	77	77	93	93
		MAIN DISH	Chicken breast cubes with herbs and bow-tie pasta <sup>1</sup>	204	263	349	414
		DIET	Grilled chicken steak with bow-tie pasta <sup>1</sup>	195	254	340	405
		VEG. DISH	Tofu cubes <sup>6</sup> with herbs and bow-tie pasta <sup>1</sup>	204	273	357	434
		VEGETABLES / SALAD	Sautéed collard 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.