

WEEKLY MENU

JUNE 1ST TO 5TH



Kcal			
Pre School	Primary	Lower Secondary	Upper Secondary

			Kcal				
			Pre School	Primary	Lower Secondary	Upper Secondary	
MONDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and "Maria" biscuits ^{1,6,7,12}					
	LUNCH	SOUP	Pumpkin with leek	85	85	108	108
		MAIN	Beef burger with rice and cradle fries	X	359	473	557
		DIET + Pre-School	Grilled chicken steak with carrot rice	201	260	350	414
		VEG. DISH	Tempura ¹³ with carrot rice	248	346	464	571
		VEGETABLES / SALAD	Green beans with herbs and a salad buffet	38/85	58/109	84/156	107/176
		DESSERT	Seasonal fruit (3 varieties) / ice cream ⁷	40/128	40/128	76/255	76/255
	AFTERNOON SNACK	Multigrain bread with cheese or butter ^{1,7} , juice 100% Pack or plain milk ⁷					
TUESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and corn crispbread					
	LUNCH	SOUP	Pea cream with coriander	80	80	94	94
		MAIN + Pre-School	Perch fillet ⁴ with herbs and white rice	211	277	357	419
		DIET	Perch fillet ⁴ with herbs and boiled potatoes	X	221	283	328
		VEG. DISH	Sautéed tofu ⁶ with herbs and sweet potato	214	271	344	409
		VEGETABLES / SALAD	Sautéed savoy cabbage and salad buffet	37/85	60/109	82/156	104/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Drinking yoghurt ⁷ / plain milk ⁷ with "Maria" biscuits ^{1,6,7,12} and cheese triangles ⁷ or multigrain bread with cheese ⁷					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and crackers ^{1,6,7,12}					
	LUNCH	SOUP	Vegetable	85	85	111	111
		MAIN + Pre-School	Roast chicken with diced potatoes, peas and carrots	364	438	577	650
		DIET	Simple roasted chicken with spaghetti ¹	X	289	382	446
		VEG. DISH	Lentils in tomato sauce with spaghetti ¹	230	314	447	563
		VEGETABLES / SALAD	Macedonian salad and salad buffet	53/85	77/109	101/156	126/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	AFTERNOON SNACK	Multigrain bread ¹⁸ with turkey or chicken ham, or butter ⁷ and chocolate ⁷ or plain milk ⁷					
THURSDAY	HOLIDAY						
FRIDAY	SCHOOL IS CLOSED						

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.