

WEEKLY MENU

JUNE 8TH TO 12TH



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	Carrot and pasta ¹	106	106	127	127
		MAIN	Beef Bolognese ^{1,6,12}	237	298	416	487
		DIET + Pre-School	Simple braised turkey roll with spaghetti ¹	X	272	385	491
		VEG. DISH	Soya Bolognese ^{1,6} and oregano	260	352	499	631
		VEGETABLES / SALAD	Sautéed turnip greens and salad buffet	46/85	69/109	94/156	117/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
		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	Savoy cabbage and julienned carrots	75	75	116	116
		MAIN + Pre-School	Salmon fillet ⁴ with a cornbread crust ¹ , herbs and roasted potatoes	X	439	572	652
		DIET	Salmon fillet ⁴ with olive oil, herbs and boiled potatoes	326	401	516	578
		VEG. DISH	Seitan fillet ^{1,6} with olive oil, herbs and boiled potatoes	140	187	233	290
		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	Drinking yoghurt ⁷ / plain milk ⁷ with "Maria" biscuits ^{1,6,7,12} and cheese triangles ⁷ or multigrain bread with cheese ⁷				
WEDNESDAY	HOLIDAY						
THURSDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and toasted biscuits ^{1,6,7,12}					
	LUNCH	SOUP	Mashed beans with cabbage	106	106	125	125
		MAIN	Tuna ⁴ , potatoes, carrots, green beans and sweetcorn	309	358	436	513
		DIET	Boiled hake ⁴ with potatoes, carrots, green beans and a hard-boiled egg ³	X	362	389	484
		VEG. DISH	Potato, carrot, green bean, black-eyed peas and sweetcorn salad with egg ³ and mayonnaise ³	292	376	498	609
		VEGETABLES / SALAD	Sautéed courgette and salad buffet	38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
		AFTERNOON SNACK	Cereal bar ^{1,6,7} and plain milk ⁷ or multigrain bread with butter ^{1,7}				
FRIDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and wholemeal biscuits ^{1,6,7,12}					
	LUNCH	SOUP	Chicken soup with pasta ¹ and carrot purée with pasta ¹	144/106	144/106	166/127	166/127
		MAIN	Oven-roasted chicken, rice and chips	X	488	637	737
		DIET	Simple browned chicken with white rice	371	435	557	630
		VEG. DISH	Lentils stewed with tomatoes and white rice	346	429	513	627
		VEGETABLES / SALAD	Sautéed courgette and salad buffet	38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / gelatine	40	40	76	76
		AFTERNOON SNACK	Rye bread with butter ^{1,7} and flavoured yoghurts ⁷ or plain milk ⁷				

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.