

# WEEKLY MENU

JUNE 22<sup>ND</sup> TO 26<sup>TH</sup>



Kcal			
Pre School	Primary	Lower Secondary	Upper Secondary

			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	Juliana	75	75	116	116
		MAIN	Garlic pork loin with bow shaped pasta <sup>1</sup>	319	397	523	600
		DIET + Pre-School	Grilled chicken steak with bow shaped pasta <sup>1</sup>	X	254	340	405
		VEG. DISH	Braised seitan steak with vegetables and bow shaped pasta <sup>1</sup>	166	234	307	388
		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 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	White beans with red cabbage and grated carrot	109	109	128	128
		MAIN + Pre-School	Oven-baked fish sticks <sup>1,4,14</sup> with country-style salad and mayonnaise <sup>3</sup>	X	313	410	491
		DIET	Oven-baked swordfish <sup>4</sup> with lemon and boiled potatoes	227	267	374	418
		VEG. DISH	Tofu rissoles <sup>1,6,12</sup> with country-style salad and mayonnaise <sup>3</sup>	208	268	345	409
		VEGETABLES / SALAD	Savoy cabbage in vinaigrette <sup>12</sup> and salad buffet	43/85	65/109	87/156	109/176
		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> or multigrain bread with cheese <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 + Pre-School	Beef stew with peas, carrots and rice	399	482	639	733
		DIET	Simple braised beef with rice and cooked vegetables	X	454	600	733
		VEG. DISH	Lentils in tomato sauce with rice	346	429	513	627
		VEGETABLES / SALAD	Coriander-flavoured broad beans and salad buffet	68/85	96/109	132/156	163/176
		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	Caldo Verde <sup>6</sup>	77	77	93	93
		MAIN	Pasta with salmon, mushrooms, green beans, carrots, sweetcorn and oregano <sup>1,4,12</sup>	417	484	643	738
		DIET	Poached hake <sup>4</sup> with potatoes and broccoli	X	417	538	605
		VEG. DISH	Vegetable tortilla <sup>3</sup>	208	275	370	463
		VEGETABLES / SALAD	Sautéed savoy cabbage and salad buffet	38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / 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	Lentil and carrot cream	108	108	129	129
		MAIN	Oven-roasted chicken with oregano and chips	X	424	546	619
		DIET	Simple browned chicken with white rice and diced carrots	371	444	572	644
		VEG. DISH	Mushroom and parsley omelette <sup>3,12</sup> with white rice	244	329	429	522
		VEGETABLES / SALAD	Ratatouille and salad buffet	43/85	65/109	87/156	109/176
		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.