

WEEKLY MENU

SEPTEMBER 7TH TO 11TH



			Kcal			
			Pre School	Primary	Lower Secondary	Upper Secondary
MONDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	Pumpkin with leek			
		MAIN	Turkey cubes with tricolour pasta ¹ , carrots and sweetcorn			
		DIET	Grilled turkey steak with tricolour pasta ¹			
		VEG. DISH	Spinach burger with tricolour pasta ¹			
		VEGETABLES / SALAD	Green beans with herbs and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties) / ice cream ⁷			
	AFTERNOON SNACK		Multigrain bread with cheese or butter ^{1,7} , concentrated juice or plain milk ⁷			
TUESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	Turnip greens			
		MAIN	Perch salad ⁴ with potatoes, carrots, green beans and sweet corn			
		DIET	Oven-baked perch ⁴ with aromatic herbs and boiled potatoes			
		VEG. DISH	Sautéed tofu ⁶ with aromatic herbs and boiled potatoes			
		VEGETABLES / SALAD	Sautéed savoy cabbage and raw salad at the buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	AFTERNOON SNACK		Seed bread ^{1,8} with turkey ham or marmalade, and chocolate or plain milk ⁷			
WEDNESDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	Garden vegetables			
		MAIN	Chicken stew with spaghetti ¹ , peas and carrots			
		DIET	Simple browned chicken with spaghetti ¹			
		VEG. DISH	Lentils in tomato sauce with spaghetti ¹			
		VEGETABLES / SALAD	Macedonia and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	AFTERNOON SNACK		Liquid yogurt ⁷ / plain milk ⁷ with corn biscuits and a cheese triangle ⁷ , or bread with cheese ¹⁷			
THURSDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	Cream of pea soup with coriander			
		MAIN	Cod with cream ^{4,7}			
		DIET	Boiled cod ⁴ , potatoes, carrots and green beans			
		VEG. DISH	Tofu rissoles ³ with rice			
		VEGETABLES / SALAD	Ratatouille and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties) and ice cream ⁷			
	AFTERNOON SNACK		Cereal bar ^{1,6,7} and plain milk ⁷ or multigrain bread with turkey ham ¹			
FRIDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}			
	LUNCH	SOUP	"Juliana"			
		MAIN	Mixed grill with grilled pineapple, white rice and black beans			
		DIET	Grilled beef strips with white rice			
		VEG. DISH	Sliced seitan with mushrooms, rice and black beans			
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet			
		DESSERT	Seasonal fruit (3 varieties)			
	AFTERNOON SNACK		Rye bread with jam ¹ 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.