

WEEKLY MENU

SEPTEMBER 14TH TO 18TH



WEEKLY MENU SEPTEMBER 14 TH TO 18 TH			UNISELF		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	Carrot cream		106	106	127	127
		MAIN	Pork strips with onions and spaghetti ¹		--	--	--	--
		DIET	Grilled chicken strips with spaghetti ¹		--	--	--	--
		VEG. DISH	Spinach burger with rice, carrots and peas		260	352	499	631
		VEGETABLES / SALAD	Mixed sautéed vegetables and raw salad at a 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} , 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	Savoy cabbage		75	75	116	116
		MAIN	Salmon fillet ⁴ with a cornbread crust ¹ , herbs and golden potatoes		--	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	Macedonia and raw salad at the buffet		53/85	77/109	101/156	126/176
		DESSERT	Seasonal fruit (3 varieties)		40	40	76	76
	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	Spinach		--	--	--	--
		MAIN	Turkey stroganoff with carrot rice		--	--	--	--
		DIET	Grilled turkey steak with carrot rice		--	--	--	--
		VEG. DISH	Soya bolognese with oregano ^{1,6}		260	352	499	631
		VEGETABLES / SALAD	Sautéed turnip greens and raw salad at a buffet		46/85	69/109	94/156	117/176
		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 ^{1,7}					
THURSDAY	MORNING SNACK		Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}					
	LUNCH	SOUP	Bean purée with cabbage		106	106	125	125
		MAIN	Hake rissoles with russian salad ^{1,3,4}		309	358	436	513
		DIET	Potato, carrot, green bean, black-eyed pea and corn salad with eggs ³ and mayonnaise ³		--	362	389	484
		VEG. DISH	Tofu rissoles ³ with rice		292	376	498	609
		VEGETABLES / SALAD	Sautéed courgette and raw salad at a buffet		38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / pudding ^{3,7}		40	40	76	76
	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	Chicken soup with pasta ¹ and carrot purée with pasta ¹		144/106	144/106	166/127	166/127
		MAIN	Roast chicken with tricolour spiral pasta ¹ and sweetcorn		--	--	--	--
		DIET	Chicken with tricolour spiral pasta ¹ and sweetcorn		--	--	--	--
		VEG. DISH	Stewed lentils with tomatoes, tricolour spiral pasta ¹ and sweetcorn		346	429	513	627
		VEGETABLES / SALAD	Sautéed courgette and raw salad at a buffet		38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties)		40	40	76	76
	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.