WEEKLY MENU

SEPTEMBER 21ST TO 25TH

				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	Lettuce cream	80	80	103	103
		MAIN	Meat rice pie	--	360	543	629
		DIET	Simple braised veal and rice	306	371	499	575
		VEG. DISH	Soya Bolognese[1,3,6]	312	418	534	674
		VEGETABLES / SALAD	Sautéed Brussels sprouts and raw salad at a buffet	53/85	78/109	106/156	135/176
		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	Chickpea purée with spinach	109	109	128	128
		MAIN	"Brás" style hake[3,4]	--	313	410	491
		DIET	Hake[4] with potatoes and broccoli	227	267	374	418
		VEG. DISH	"Brás" style leek[3]	208	268	345	409
		VEGETABLES / SALAD	Sautéed ratatouille and raw salad at the buffet	43/85	65/109	87/156	109/176
		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	Garden vegetables	85	85	111	111
		MAIN	Roast pork with bow-tie pasta[1]	255	361	476	571
		DIET	Grilled chicken steak with bow-tie pasta[1]	199	258	347	411
		VEG. DISH	Strips of seitan with mushrooms[1,6,12] and bow-tie pasta[1,6]	194	278	366	460
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet	49/85	68/109	90/156	108/176
		DESSERT	Seasonal fruit (3 varieties)	40	40	76	76
	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	Pumpkin and cauliflower	86	86	113	113
		MAIN	Perch fillet[4] with aromatic herbs and boiled potatoes	237	277	364	423
		DIET	Boiled perch fillet[4] with potatoes and broccoli	189	250	307	357
		VEG. DISH	Vegetable tortilla[3]	269	337	453	540
		VEGETABLES / SALAD	Sautéed savoy cabbage and raw salad at a buffet	37/85	60/109	82/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / gelatine	40/128	40/128	76/255	76/255
	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	Vegetable cream	88	88	115	115
		MAIN	Burger with honey and lemon sauce, with scrambled eggs[3] and Spring rice	319	397	525	600
		DIET	Plain browned chicken leg with Spring rice	225	289	382	446
		VEG. DISH	Spinach burger [1,3,7,9] with Spring rice	316	370	530	690
		VEGETABLES / SALAD	Sautéed turnip greens 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		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.