WEEKLY MENU

SEPTEMBER 25TH TO OCTOBER 2ND

				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	"Juliana"	75	75	116	116
		MAIN	Braised beef shank with spaghetti[1]	--	--	--	--
		DIET	Simple braised beef shank with spaghetti[1]	--	--	--	--
		VEG. DISH	Braised seitan steak with vegetables and spaghetti[1]	--	--	--	--
		VEGETABLES / SALAD	Macedonia and raw salad at a 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[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	"Minhota" style cod[1,4]	--	--	--	--
		DIET	Oven-baked perch[4] with lemon, herbs and boiled potatoes	184	--	--	--
		VEG. DISH	Tofu rissoles[1,6,12] with country-style salad	334	393	593	713
		VEGETABLES / SALAD	Savoy cabbage in vinaigrette[12] and raw salad at the buffet	37/85	60/109	82/156	104/176
		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	White beans with red cabbage and grated carrot	110	110	127	127
		MAIN	Oven-baked turkey skewers with rice	--	--	--	--
		DIET	Oven-baked turkey skewers with rice	--	--	--	--
		VEG. DISH	Lentils in tomato sauce with rice	346	429	513	627
		VEGETABLES / SALAD	Fava beans with coriander and raw salad at a buffet	68/85	96/109	132/156	163/176
		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	"Caldo verde"[6]	77	77	93	93
		MAIN	Tricolour fusilli pasta[1] with salmon[4], mushrooms, green beans, carrots, corn and oregano	417	484	643	738
		DIET	Oven-baked salmon fillet[4] with herbs, boiled potatoes and broccoli	338	417	538	605
		VEG. DISH	Tricolour fusilli pasta[1] with vegetarian sausage[6], mushrooms, peas, carrots and corn	208	275	370	463
		VEGETABLES / SALAD	Sautéed courgette and raw salad at a buffet	38/85	58/109	83/156	104/176
		DESSERT	Seasonal fruit (3 varieties) / ice cream[7]	40/60	40/60	76/120	76/120
	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	Lentil and carrot cream	108	108	129	129
		MAIN	"Rancho" (pork leg)	--	--	--	--
		DIET	Simple browned chicken with macaronette[1]	371	444	572	644
		VEG. DISH	Vegetarian "Rancho"	244	329	429	522
		VEGETABLES / SALAD	Ratatouille and raw salad at a buffet	43/85	65/109	87/156	109/176
		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.