WEEKLY MENU

OCTOBER 12TH TO 16TH

				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	Green bean	85	85	108	108
		MAIN	Grilled "bifana" with tricolour pasta[1], carrots and sweetcorn		359	473	557
		DIET	Grilled turkey steak with tricolour pasta[1], carrots and sweetcorn	201	260	350	414
		VEG. DISH	Spinach burger with tricolour pasta[1], carrots and sweetcorn	248	346	464	571
		VEGETABLES / SALAD	Green beans with herbs and raw salad at a buffet	38/85	58/109	84/156	107/176
		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	Spinach				
		MAIN	Fish sticks[1,3,4] with pea and carrot rice	211	277	357	419
		DIET	Grilled perch fillet[4], rice with peas and carrots		221	283	328
		VEG. DISH	Sautéed tofu[6] with citrus sauce and pea and carrot rice	214	271	344	409
		VEGETABLES / SALAD	Sautéed savoy cabbage 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		Liquid yogurt[7]/ plain milk[7] with corn biscuits and a cheese triangle[7], or bread with cheese[1,7]				
WEDNESDAY	MORNING SNACK		Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH	SOUP	Vegetable	85	85	111	111
		MAIN	Chicken casserole with mashed potatoes	364	438	577	650
		DIET	Simple boiled chicken with mashed potatoes		289	382	446
		VEG. DISH	Lentils in tomato sauce with mashed potatoes	230	314	447	563
		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		Seed bread[1,8] with turkey ham or marmalade, and chocolate or plain milk[7]				
THURSDAY	MORNING SNACK		Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH	SOUP	Pea cream with coriander				
		MAIN	Monkfish pasta[1,4] with coriander				
		DIET	Boiled monkfish[4] with potatoes and coriander				
		VEG. DISH	Tofu pasta[1,6] with coriander				
		VEGETABLES / SALAD	Spring mix and raw salad at a buffet				
		DESSERT	Seasonal fruit (3 varieties) / pudding	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	"Juliana"				
		MAIN	Mixed grill with grilled pineapple, white rice and black beans				
		DIET	Grilled chicken steak with white rice				
		VEG. DISH	Sliced seitan[6] with rice and black beans				
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet				
		DESSERT	Seasonal fruit (3 varieties) / two-colour pudding				
	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.