

WEEKLY MENU

OCTOBER 19TH TO 23RD



			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 with a broccoli stalk				
	MAIN	Roast turkey with lemon sauce and spaghetti ¹				
	DIET	Boiled turkey steak with spaghetti ¹				
	VEG. DISH	Spinach burger with spaghetti ¹	260	352	499	631
	VEGETABLES / SALAD	Sautéed vegetable mix 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	Red cabbage and grated carrots	75	75	116	116
	MAIN	Cod with cornbread ^{1,4} and roast potatoes		439	572	652
	DIET	Poached salmon fillet ⁴ , herbs and boiled potatoes	326	401	516	578
	VEG. DISH	Sautéed tofu 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						
Liquid yogurt ⁷ / plain milk ⁷ with corn biscuits and a cheese triangle ⁷ , or bread with cheese ¹⁷						
WEDNESDAY	MORNING SNACK	Flavoured yoghurt ⁷ or a piece of fruit and varied biscuits ^{1,3,7}				
	LUNCH					
	SOUP	Vegetable				
	MAIN	Chicken curry with rice				
	DIET	Simple chicken with carrot rice				
	VEG. DISH	Seitan fillet ^{1,6} with carrot rice	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						
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	Bean purée with cabbage	106	106	125	125
	MAIN	Oven-baked perch ⁴ with roast potatoes	309	358	436	513
	DIET	Boiled perch ⁴ with potatoes		362	389	484
	VEG. DISH	Potato, courgette, black-eyed beans and sweetcorn salad with hard-boiled egg ³	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	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	Carrot and lentil cream	106/144	106/144	127/166	127/166
	MAIN	Roast pork loin with macaronette pasta ¹				
	DIET	Braised chicken with macaronette pasta ¹				
	VEG. DISH	Lentils stewed with tomatoes, macaronette pasta ¹ and corn	346	429	513	627
	VEGETABLES / SALAD	Cauliflower and broccoli mix 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.