WEEKLY MENU

NOVEMBER 9TH TO 13TH

				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	Vegetable cream				
		MAIN	Chicken steak with tricolour pasta[1]				
		DIET	Grilled chicken steak with tricolour pasta[1]				
		VEG. DISH	Sliced seitan with tricolour pasta[1]				
		VEGETABLES / SALAD	Sautéed spinach and raw salad at a buffet				
		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	Bean cream				
		MAIN	Tuna pie with mashed potatoes[4,7]				
		DIET	Grilled hake[4] with aromatic herbs and boiled potatoes				
		VEG. DISH	Soya pie with mashed potatoes[4,7]				
		VEGETABLES / SALAD	Savoy cabbage in vinaigrette[12] and raw salad at the buffet				
		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	HOLIDAY						
THURSDAY	MORNING SNACK		Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH	SOUP	Chickpea purée				
		MAIN	Cod with Cream[4,7]				
		DIET	Grilled salmon[4] with potatoes				
		VEG. DISH	Vegetable gratin[7] (Potatoes, leeks, carrots, peas)				
		VEGETABLES / SALAD	Broccoli and raw salad at a buffet				
		DESSERT	Seasonal fruit (3 varieties) / gelatine	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	Leek cream				
		MAIN	Oven-baked chicken with rice				
		DIET	Simple chicken with rice				
		VEG. DISH	Soya stew[6] with rice				
		VEGETABLES / SALAD	Sautéed ratatouille 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.