WEEKLY MENU

NOVEMBER 23RD TO 27TH

				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	Leek cream				
		MAIN	Roast turkey with lemon sauce and bow-tie pasta[1]				
		DIET	Turkey steak with bow-tie pasta[1]				
		VEG. DISH	Braised lentils with bow-tie pasta[1]				
		VEGETABLES / SALAD	Sautéed vegetable mix and raw salad at the 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	Carrot cream	75	75	116	116
		MAIN	Cod with cornbread[1,4] and roast potatoes		439	572	652
		DIET	Salmon fillet[4] with herbs and boiled potatoes	326	401	516	578
		VEG. DISH	Tofu[6] sautéed in olive oil with herbs and boiled potatoes	140	187	233	290
		VEGETABLES / SALAD	Spinach 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	MORNING SNACK		Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH	SOUP	Green beans				
		MAIN	Chicken curry[7] with white rice				
		DIET	Simple chicken with white rice				
		VEG. DISH	Chickpea curry[7] with white rice				
		VEGETABLES / SALAD	Sautéed green beans and raw salad at the buffet				
		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	Pumpkin cream				
		MAIN	Hake[4] with boiled potatoes				
		DIET	Hake[4] with boiled potatoes				
		VEG. DISH	Stewed beans with boiled potatoes				
		VEGETABLES / SALAD	Broccoli and raw salad at the 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	Carrot cream with macedonia				
		MAIN	Roast pork loin with macaronete pasta[1]				
		DIET	Browned chicken with macaronete pasta[1]				
		VEG. DISH	Tofu with tomatoes and macaronete pasta[1]				
		VEGETABLES / SALAD	Cauliflower and raw salad at the buffet				
		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.