WEEKLY MENU

NOVEMBER 30TH TO DECEMBER 4TH

			Kcal			
			Pre School	Primary	Lower Secondary	Upper Secondary
MONDAY	SCHOOL IS CLOSED					
TUESDAY	HOLIDAY					
WEDNESDAY	MORNING SNACK	Flavoured yoghurt[7] or a piece of fruit and varied biscuits[1,3,7]				
	LUNCH – SOUP	Vegetable				
	LUNCH – MAIN	Roasted chicken thighs with spiral pasta[1]				
	LUNCH – DIET	Grilled chicken thighs with spiral pasta[1]				
	LUNCH – VEG. DISH	Seitan strips with mushrooms and spiral pasta[1]				
	LUNCH – VEGETABLES / SALAD	Sautéed green beans and raw salad at the buffet				
	LUNCH – 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 with vegetable mix				
	LUNCH – MAIN	Forkbeard fish fillet[4] with potatoes and vegetables				
	LUNCH – DIET	Boiled forkbeard fish fillet[4] with potatoes and vegetables				
	LUNCH – VEG. DISH	Tofu with potatoes and vegetables				
	LUNCH – VEGETABLES / SALAD	Sautéed spinach and raw salad at the buffet	37/85	60/109	82/156	104/176
	LUNCH – DESSERT	Seasonal fruit (3 varieties) / ice cream	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	Broccoli cream				
	LUNCH – MAIN	Beef rice pie				
	LUNCH – DIET	Grilled chicken steak with rice				
	LUNCH – VEG. DISH	Soya[6] rice pie				
	LUNCH – VEGETABLES / SALAD	Sautéed Brussels sprouts and raw salad at the buffet	46/85	69/109	94/156	117/176
	LUNCH – 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.