



# SCHOOL MENU 29.11. - 3.12.2021

DINING MENUS: K1& K2 = Kindergarten breakfast, S = morning snack, L reg. = regular lunch, L veg. = vegetarian lunch, AC/S = Afternoon care snack, KS = Kindergarten snack, SS = school scheme (EU)

<b>MONDAY</b>	<b>K1 &amp; K2</b>	Milk semolina <sup>*1a,7,6</sup> , grissini <sup>*1a</sup> , mandarin	
	<b>S</b>	Milk semolina <sup>*1a,7,6</sup> , grissini <sup>*1a</sup> , mandarin	
	<b>L reg.</b>	Leek soup <sup>*1a,7</sup> , chicken paprikash <sup>*1a</sup> , pasta spirals <sup>*1a,3</sup> , grated cheese <sup>*7</sup> , lettuce and Chinese cabbage salad with beans, khaki	
	<b>L veg.</b>	Leek soup <sup>*1a,7</sup> , chickpea paprikash <sup>*1a,6</sup> , pasta spirals <sup>*1a,3</sup> , grated cheese <sup>*7</sup> , lettuce and Chinese cabbage salad with beans, khaki	
	<b>AC/S</b>	Multigrain bun <sup>*1a,11</sup> , apple	
	<b>KS</b>	Multigrain bun <sup>*1a,11</sup> , apple	
<b>TUESDAY</b>	<b>K1 &amp; K2</b>	Organic carrot bread <sup>*1a</sup> , butter <sup>*7</sup> , strawberry jam, fruit tea, pear	
	<b>S</b>	Organic carrot bread <sup>*1a</sup> , butter <sup>*7</sup> , strawberry jam, fruit tea, pear	
	<b>L reg.</b>	Pumpkin soup <sup>*1a,3,7</sup> , roast pork with rosemary <sup>*1a,6</sup> , rice, steamed broccoli & carrots, lettuce salad & beetroot, kiwi, water	
	<b>L veg.</b>	Pumpkin soup <sup>*1a,3,7</sup> , grilled cheese <sup>*1a,3,7</sup> , pea & rice, steamed broccoli & carrots, lettuce salad & beetroot, kiwi, water	
	<b>AC/S</b>	Organic milk <sup>*7</sup> , banana	
	<b>KS</b>	Organic milk <sup>*7</sup> , banana	
<b>WEDNESDAY</b>	<b>K1 &amp; K2</b>	Croissant with ham & cheese <sup>*1a,7,3</sup> , apple	<b>SS – natural organic yoghurt<sup>*7</sup></b>
	<b>S</b>	Croissant with ham & cheese <sup>*1a,7,3</sup> , apple	<b>SS – natural organic yoghurt<sup>*7</sup></b>
	<b>L reg.</b>	Soya bean patty <sup>*1a,6</sup> , creamed spinach <sup>*1a,7</sup> , mashed potatoes <sup>*7</sup> , lettuce, chicory & egg salad <sup>*3</sup> , strawberry shake <sup>*7</sup>	
	<b>L veg.</b>	Soya bean patty <sup>*1a,6</sup> , creamed spinach <sup>*1a,7</sup> , mashed potatoes <sup>*7</sup> , lettuce, chicory & egg salad <sup>*3</sup> , strawberry shake <sup>*7</sup>	
	<b>AC/S</b>	Dark bread bun <sup>*1a</sup> , apple juice	
	<b>KS</b>	Dark bread bun <sup>*1a</sup> , apple juice	
<b>THURSDAY</b>	<b>K1 &amp; K2</b>	Sesame seed bread roll <sup>*1a,11</sup> , khaki <sup>*7,6</sup> , grapes	
	<b>S</b>	Natural yoghurt with cereal grains <sup>*7,1a,d,8</sup> , sesame seed bread roll <sup>*1a,11</sup> , grapes	
	<b>L reg.</b>	Carrot soup <sup>*1a,7,3</sup> , turkey steak a creamy mushroom sauce <sup>*1,7</sup> , corn gnocchi <sup>*1a,12,3</sup> , lettuce, cabbage & carrot salad, khaki	
	<b>L veg.</b>	Carrot soup <sup>*1a,7,3</sup> , smoked tofu a creamy mushroom sauce <sup>*1a,4,6,7</sup> , corn gnocchi <sup>*1a,12,3</sup> , lettuce, cabbage & carrot salad, khaki	
	<b>AC/S</b>	Whole grain buttermilk <sup>*1a,c</sup> , almonds <sup>*8</sup> , mandarin, pear	
	<b>KS</b>	Whole grain buttermilk <sup>*1a,c</sup> , almonds <sup>*8</sup> , mandarin, pear	
<b>FRIDAY</b>	<b>K1 &amp; K2</b>	Organic Kamut bread <sup>*1a</sup> , vegetable cream spread <sup>*7,3,6,10</sup> , olives/pickles, fruit tea	<b>SS – mandarin</b>
	<b>S</b>	Organic Kamut bread <sup>*1a</sup> , vegetable cream spread <sup>*7,3,6,10</sup> , olives/pickles, fruit tea	<b>SS – mandarin</b>
	<b>L reg.</b>	'Ričet' pork & veg. stew <sup>*1c,9</sup> , organic semi-white & dark bread <sup>*1a</sup> , cocoa & coconut pastry <sup>*1a,7,3</sup> , fresh fruit, water	
	<b>L veg.</b>	Veg. 'Ričet' stew <sup>*1c,9</sup> , organic semi-white & dark bread <sup>*1a</sup> , cocoa & coconut pastry <sup>*1a,7,3</sup> , fresh fruit, water	
	<b>AC/S</b>	Sour milk <sup>*7</sup> , salted breadstick <sup>*1a</sup>	
	<b>KS</b>	Sour milk <sup>*7</sup> , salted breadstick <sup>*1a</sup>	

**ENJOY YOUR MEAL!**

\* In emergency situations, we reserve the right to change the menu \*\* The menu is designed for learners without food allergies. Indicated on the menu are only allergens that have been added to the dishes (not stated potential allergens in trace amounts). Prepared meals contain the following allergens: 1 cereals containing gluten (1a from wheat and spelt, 1b from rye, 1c from barley and 1d from oats), 2 crustaceans, 3 eggs, 4 fish, 5 peanuts, 6 soya, 7 milk & dairy products, 8 nuts, 9 leaf green, 10 mustard seed, 11 sesame seed, 12 sulphur dioxide, 13 lupines, 14 molluscs. \*\*\* Every day, we offer different kinds of bread, which may contain allergens \* 1,6,3,7,8. \*\*\*\* Information on allergens in dishes on the menu is available on the school website and the notice board before dining.

## **10 HEALTHY EATING TIPS**

- 1. EAT AS MUCH FOOD (= energy) AS YOU REQUIRE** - If you are active and exercise every day, you need more energy than if you don't.
- 2. DO NOT EAT ONLY THE FOODS YOU LIKE, BUT ALSO HEALTHY FOODS** - Vegetables, fruits, nuts, legumes, meat and fish contain nutrients essential for your development.
- 3. EAT FOODS RICH IN CALCIUM** - Milk, yogurt, and other dairy products are high in calcium and is an important mineral for bone and teeth development and protection.
- 4. ENJOY 3-5 MEALS PER DAY** – By distributing meals throughout the day, you will ensure that your energy supply will also be distributed evenly.
- 5. DRINK WATER** – By drinking at least 1.5 litres of water a day, you will help increase your well-being, concentration and resistance to disease.
- 6. EAT BREAKFAST EVERY DAY** - Breakfast strongly affects your work performance at school and concentration in class.
- 7. DINNER SHOULD BE A SMALLER MEAL** - During sleep, you are less active; therefore, your energy expenditure is slower, so you don't need as much as if you were studying.
- 8. ENJOY VARIOUS FOODS** – Eating various foods will supply your body with all the necessary nutrients.
- 9. EAT AS MANY FRUITS AND VEGETABLES AS POSSIBLE** - They contain a lot of protective elements. "An apple a day keeps the doctor away."
- 10. ENJOY WHOLE GRAIN FOODS, TOO** - Wholemeal bread contains more minerals and vitamins than soft white bread.