



SCHOOL MENU

13th – 17th February 2023

DINING MENUS: KG = Kindergarten breakfast, S = morning snack, L reg. = regular lunch, L veg. = vegetarian lunch, AC/S = General afternoon snack, KS = Kindergarten snack

MONDAY	KG	Chocolate flakes ^{*1d,a,7,5,8} , milk ^{*7} , banana	SS – hazelnuts ^{*8}
	S	Natural yoghurt with flakes ^{*7,1d,a,8} , banana	SS – hazelnuts ^{*8}
	L reg.	Kale cream soup ^{*1a,3,7} , turkey steak in curry sauce ^{*1a,7} , rice with leek, beetroot salad	
	L veg.	Kale cream soup ^{*1a,3,7} , lentil curry ^{*1a,7} , rice with leek, beetroot salad	
	AC/S	Sesame seed roll ^{*1a,11} , nashi pear	
	KS	Sesame seed roll ^{*1a,11} , nashi pear	
TUESDAY	KG	Bread heart ^{*1a} , barley coffee ^{*7,1c} , clementine	
	S	Bread heart ^{*1a} , barley coffee ^{*7,1c} , clementine	
	L reg.	Beef steak in pineapple sauce ^{*1a,6} , mashed potato ^{*7} / potato au gratin ^{*7,3} , sweet corn & lamb's lettuce salad, fresh fruit	
	L veg.	Potato & vgeteable au gratin ^{*7,3} , sweet corn & lamb's lettuce salad, fresh fruit	
	AC/S	Corn bread roll ^{*1a} , chicken breast ham, cheese ^{*7} , pear	
	KS	Corn bread roll ^{*1a} , chicken breast ham, cheese ^{*7} , pear	
WEDNESDAY	KG	Brown bread ^{*1a} , butter ^{*7} , honey, fruit tea, apple	
	S	Brown bread ^{*1a} , butter ^{*7} , honey, fruit tea, apple	
	L reg.	Onion soup with toasted bread ^{*1a,7} , Bolognese sauce ^{*1a} , spaghetti ^{*1a,3} , grated cheese ^{*7} , cabbage & bean salad	
	L veg.	Onion soup with toasted bread ^{*1a,7} , courgette spaghetti carbonara ^{*1a,3,6} , grated cheese ^{*7} , cabbage & bean salad	
	AC/S	Natural cottage cheese ^{*7} , grissini ^{*1a} , carrots	
	KS	Natural cottage cheese ^{*7} , grissini ^{*1a} , carrots	
THURSDAY	KG	International school selection: Hard boiled eggs ^{*3} , wholemeal croissant ^{*1a,b,6,3,7} , tomatoes, fruit tea, clementine	
	S	International school selection: Hard boiled eggs ^{*3} , wholemeal croissant ^{*1a,b,6,3,7} , tomatoes, fruit tea, clementine	
	L reg.	Beef soup ^{*1a,3,7} , sea bass in cornmeal ^{*4} , potato with Swiss chard, chickpea salad	
	L veg.	Beef soup ^{*1a,3,7} , sea bass in cornmeal ^{*4} , potato with Swiss chard, chickpea salad	
	AC/S	Coloured bread ^{*1a} , cheese slice ^{*7} , pepper, melon	
	KS	Coloured bread ^{*1a} , cheese slice ^{*7} , pepper, melon	
FRIDAY	KG	Oat bread ^{*1a,d} , French spread ^{*3,7,9,10} , lemonade, apple	
	S	Oat bread ^{*1a,d} , French spread ^{*3,7,9,10} , lemonade, apple	
	L reg.	Meat jota ^{*1a} , coloured ^{*1a} & rice bread ^{*1a,b} , cottage cheese dumplings with fried breadcrumbs & forest fruit topping ^{*1a,7,3} , fresh fruit	
	L veg.	Vegetarian jota ^{*1a} , coloured ^{*1a} & rice bread ^{*1a,b} , cottage cheese dumplings with fried breadcrumbs & forest fruit topping ^{*1a,7,3} , fresh fruit	
	AC/S	Brown bread roll ^{*1a} , pineapple juice	
	KS	Brown bread roll ^{*1a} , pineapple juice	

ENJOY YOUR MEAL!

* In emergency situations, we reserve the right to change the menu ** Menu is designed for learners without food allergies. On the menu are only given 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 that are on the menu is available on the school website and on the notice board before dining.