



SCHOOL MENU

29th May – 2nd June 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	Wholemeal croissant ^{*1a,b,3,7,6} , natural yoghurt ^{*7}	SS – Strawberries
	S	Wholemeal croissant ^{*1a,b,3,7,6} , natural yoghurt ^{*7}	SS – Strawberries
	L reg.	Courgette sauce ^{*1a,3,7} , baked chicken ^{*1a} , mashed potato ^{*7} / bulgur ^{*1a} , green beans, sweet corn salad, strawberries	
	L veg.	Courgette sauce ^{*1a,3,7} , stuffed peppers ^{*1a,3,7,6} , mashed potato ^{*7} , green beans, sweet corn salad, strawberries	
	AC/S	Apple strudel ^{*1a,7} , pear	
	KS	Apple strudel ^{*1a,7} , pear	
TUESDAY	KG	Kamut bread ^{*1a} , cheese spread ^{*7} , peppers, tomatoes, wheat sprouts, apple	SS – Milk ^{*7}
	S	Kamut bread ^{*1a} , cheese spread ^{*7} , peppers, tomatoes, wheat sprouts, apple	SS – Milk ^{*7}
	L reg.	Pea soup ^{*1a} , tomato & basil sauce ^{*1a} , cheese tortellini ^{*1a,3,7} , grated cheese ^{*7} , cucumber salad, fresh fruit	
	L veg.	Pea soup ^{*1a} , tomato & basil sauce ^{*1a} , cheese tortellini ^{*1a,3,7} , grated cheese ^{*7} , cucumber salad, fresh fruit	
	AC/S	Greek fruit salad ^{*7} , wholemeal bread	
	KS	Greek fruit salad ^{*7} , wholemeal bread	
WEDNESDAY	KG	Oat porridge with milk & honey ^{*1d,7} , almonds ^{*8} , banana	
	S	Oat porridge with milk & honey ^{*1d,7} , almonds ^{*8} , banana	
	L reg.	Clear vegetable soup ^{*1a,3} , turkey pleskavica, potato pieces with parsley / flatbread ^{*1a} , sauce ^{*1a,3,9,10} , vegetable salad (lettuce leaves, tomatoes, cabbage with carrot, onion)	
	L veg.	Clear vegetable soup ^{*1a,3} , vegetable burger ^{*1a,d,6} , potato pieces with parsley / flatbread ^{*1a} , sauce ^{*1a,3,9,10} , vegetable salad (lettuce leaves, tomatoes, cabbage with carrot, onion)	
	AC/S	Fruit smoothie, grissini ^{*1a}	
	KS	Fruit smoothie, grissini ^{*1a}	
THURSDAY	KG	Sesame seed bread roll ^{*1a,11} , cocoa ^{*7,6} , apple	
	S	Sesame seed bread roll ^{*1a,11} , cocoa ^{*7,6} , apple	
	L reg.	Cauliflower soup ^{*1a,3,7} , beef steak in sauce ^{*1a,10} , cottage cheese dumplings ^{*1a,3,7} / buckwheat porridge, Greek salad ^{*7}	
	L veg.	Cauliflower soup ^{*1a,3,7} , vegetable soufflé ^{*1a,3,7,6} , Greek salad ^{*7}	
	AC/S	Brown bread ^{*1a} , chickpea spread, carrots, cucumber, apricots	
	KS	Brown bread ^{*1a} , chickpea spread, carrots, cucumber, apricots	
FRIDAY	KG	Half white bread ^{*1a} , chicken frankfurter, mustard ^{*10} / ajvar, lemonade	SS – Strawberries
	S	Half white bread ^{*1a} , chicken frankfurter, mustard ^{*10} / ajvar, lemonade	SS – Strawberries
	L reg.	Lentil casserole ^{*1a,3} , brown bread ^{*1a} , pudding ^{*7} , fresh fruit	
	L veg.	Lentil casserole ^{*1a,3} , brown bread ^{*1a} , pudding ^{*7} , fresh fruit	
	AC/S	Dairy Croissant ^{*1a,7} , orange	
	KS	Dairy Croissant ^{*1a,7} , orange	

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.



<http://www.med-health.net/fruit-and-vegetable-diet.html>

Enjoy a Variety of Vegetables & Fruits

Vegetables are an excellent source of vitamins, minerals and beneficial dietary fibre, but at the same time contain little energy. It is recommended to eat more vegetables than fruit per day, which usually contain more sugar. Include vegetables regularly in all meals and in this way you can distribute the intake of useful nutrients throughout the day. The "5 a day" rule can help you, which reminds you to eat five different types of vegetables and/or fruits daily, of which should be at least three types of vegetables and two types of fruit. You can also choose fruits and vegetables by colour, which should be varied, e.g. green broccoli, white cauliflower, orange carrots - with this you consume a variety of nutrients that your body needs. In total, it is recommended to consume more than 400 g (0.4 kg) of fruits and vegetables per day.

Source: <https://prehrana.si/moja-prehrana/solarji-in-mladostniki>