

Menu for Early Years

KW 02

Standard Menu

Vegetarian / Vegan Menu

	Standard Menu	Vegetarian / Vegan Menu
	Salad variations Tortellini (beef) with cream sauce & broccoli side dish a1, g Fresh seasonal fruit	Salad variations Tortellini (ricotta spinach) with broccoli cream sauce a1, g Fresh seasonal fruit
	Salad variations Sweet potato soup with some bread a1, g Rice pudding with cinnamon & sugar g	Salad variations Vegetable soup with potatoes, carrots and some bread a1, g Rice pudding with cinnamon & sugar g
	Salad variations Basmati Rice in Thai Saute sauce with vegetables and chicken strips Fresh seasonal fruit	Salad variations Basmati rice with oriental falafel balls and tomato sauce Fresh seasonal fruit
	Salad variations Beef lasagne with mozzarella au gratin a1, g Vanilla pudding g	Salad variations Spinach lasagne with mozzarella au gratin a1, g Vanilla pudding g
	Salad variations Mini-cutter meatballs of pollack fillet, potatoes & homemade remoulade a1, g Fresh seasonal fruit	Salad variations Fried egg with potatoes (with oregano and olive oil) & homemade remoulade a1, g Fresh seasonal fruit



= Vegan



= Lactose free



= Gluten free

a Cereals containing gluten

a1 contains wheat

a2 contains rye

a3 contains barley

a4 contains oats

a5 contains spelt

a6 contains kamut

b contains crustaceans

c contains eggs

d contains fish

e contains peanut

f contains soy

g contains milk and milk products

h contains nuts

h1 contains almond

h2 contains hazelnut

h3 contains walnut

h4 contains cashew nut

h5 contains pecan

h6 contains Brazil nut

h7 contains pistachio

h8 contains macadamia nut

i contains celery

j contains mustard

k contains sesame

l contains sulphur dioxide

m contains lupine

n contains molluscs