

Metropolitan School

Lunch 10.01.22 – 14.01.22



KW 02

Standard Menu

Vegetarian / Vegan Menu

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



= 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