

Metropolitan School

Lunch 17.01.22 – 21.01.22



KW 03

Standard Menu

Vegetarian / Vegan Menu

	Standard Menu	Vegetarian / Vegan Menu
	<p>Salad variations</p> <p>Spaghetti Bolognese (beef) garnished with Grana Padano a1,g</p> <p>Fresh seasonal fruit</p>	<p>Salad variations</p> <p>Vegan spaghetti Bolognese  garnished with Grana Padano a1,g</p> <p>Fresh seasonal fruit</p>
	<p>Salad variations</p> <p>Ginger-carrot-potato soup with homemade bread a1,g</p> <p>Wild berry pudding g</p>	<p>Salad variations</p> <p>Homemade pumpkin soup with baguette a1,g</p> <p>Wild berry pudding g</p>
	<p>Salad variations</p> <p>Spaetzle with mushroom cream sauce and chicken escalope a1,g</p> <p>Fresh seasonal fruit</p>	<p>Salad variations</p> <p>Cheese spaetzle with fried onions a1,g</p> <p>Fresh seasonal fruit</p>
	<p>Salad variations</p> <p>Potato gratin with turkey ham g</p> <p>Chocolate cake a1,g</p>	<p>Salad variations</p> <p>Potato gratin with broccoli florets g</p> <p>Chocolate cake a1,g</p>
	<p>Salad variations</p> <p>Norwegian salmon in lemon dill sauce with basmati rice a1,g</p> <p>Fresh seasonal fruit</p>	<p>Salad variations</p> <p>Basmati rice in cream sauce  (extra dill) with vegan baked fish 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