

Menu for Early Years

KW 47	Standard Menu	Vegetarian / Vegan Menu
	Salad variations Spaghetti Napoli with Parmesan cheese <b>a, a1, g</b> Healthy fruit smoothie	Salad variations Gnocchi tossed in garlic oil, with fresh basil and tomatoes <b>a, a1, g</b> Healthy fruit smoothie
	Salad variations Cordon bleu (of chicken) with French fries, cauliflower cream and homemade ketchup <b>g</b> Fresh seasonal fruit	Salad variations German turnip-celery "Cordon bleu" with French fries, cauliflower cream and homemade ketchup <b>a, a1, g, i</b> Fresh seasonal fruit
	Salad variations Swede cream soup with farmhouse bread <b>a, a1, g</b> Kaisersmarrn with vanilla sauce <b>a, a1, c, g</b>	Salad variations Coconut curry soup with carrots and glass noodles <b>a, a1, g</b> Kaisersmarrn with vanilla sauce <b>a, a1, c, g</b>
	Salad variations Beef strips fried with wok vegetables, Thai curry sauce and basmati rice Fresh seasonal fruit	Salad variations Courgette au gratin filled with wok vegetables and served with basmati rice <b>g</b> Fresh seasonal fruit
	Salad variations Fish fillet with savoy cabbage, peas and mashed potatoes <b>d, g</b> Chocolate pudding <b>g</b>	Salad variations Lentil patty with savoy cabbage and mashed potatoes <b>g</b> Chocolate pudding <b>g</b>



= 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