

Menu for Early Years

KW 48	Standard Menu	Vegetarian / Vegan Menu
	Salad variations Spirelli with vegetarian Bolognese and Grana Padano a, a1, g Healthy fruit smoothie	Salad variations Farfalle fried in garlic oil with grilled courgette slices, cherry tomatoes and Grand Padano a, a1, g Healthy fruit smoothie
	Salad variations Hungarian beef goulash with rice and peas g Fresh seasonal fruit	Salad variations Creamy vegetable goulash (carrots, broccoli, cauliflower) with rice g Fresh seasonal fruit
	Salad variations Lentil soup with turkey sausages and fresh ciabatta bread a, a1 Pancakes with applesauce a, a1, g	Salad variations Vegetable soup with semolina dumplings and fresh ciabatta bread a, a1 Pancakes with applesauce a, a1, g
	Salad variations Pizza with Salami a, a1, g or Pizza with tuna a, a1, g Fresh seasonal fruit	Salad variations Pizza Margherita a, a1, g or Pizza with grilled vegetables a, a1, g or Pizza with mushrooms a, a1, g Fresh seasonal fruit
	Salad variations Fried fish with remoulade, mashed potatoes and butter carrots corn mix a, a1, d, g Speculoos orange cream a, a1, g	Salad variations Scrambled eggs with mashed potatoes, roasted onions and spinach c, g Speculoos orange cream a, a1, g



= 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