

Metropolitan School Lunch 21.11.22 – 25.11.22



KW 47

Standard Menu

Vegetarian / Vegan Menu

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