

Metropolitan School

Lunch 20.03.23 – 24.03.23



KW 12	Salat Bar Selection	Standard Menu	Vegetarian / Vegan Menu
Mon	Couscous salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Spaghetti Carbonara a, a1, g Fresh seasonal fruit	Spaghetti with cherry tomatoes, basil, olives and garlic olive oil a, a1 Fresh seasonal fruit
Tue	Chickpea salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Kumpir with grilled chicken, green beans, corn, herb butter, sour cream, olives, broccoli and cheese a, a1, g Strawberry yogurt g	Baked sweet potato with green beans, corn, herb butter, sour cream, broccoli and cheese a, a1, g Strawberry yogurt g
Wed	Bulgur salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Köttbullar with rice, mixed vegetables and creamy sauce a, a1, g Fresh seasonal fruit	Cauliflower-carrot patty with black beans, rice and avocado salsa dip a, a1, f Fresh seasonal fruit
Thu	Lentil salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Creamy tomato soup with cream fraiche and garlic bread a, a1, g Kaiserschmarrn g	Minestrone soup with shell noodles and garlic bread a, a1 Kaiserschmarrn g
Fri	Quinoa salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Cheeseburger with tomatoes, onions, pickles and oven fries a, a1, g, k Fresh seasonal fruit	Vegan burger with tomatoes, unions, pickles and oven fries a, a1, k Fresh seasonal fruit



= 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