

Metropolitan School

Lunch 29.05.23 – 02.06.23



KW 22	Salat Bar Selection	Standard Menu	Vegetarian / Vegan Menu
Mon		Public Holiday	Public Holiday
Tue	Chickpea salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Grilled chicken with onion gravy, carrots and mashed potatoes a, a1, g Mixed fruit smoothie	Veggie patty with onion gravy, carrots and rice a, a1, g Mixed fruit smoothie
Wed	Bulgur salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Minestrone with homemade bread a, a1 Fresh seasonal fruit	Tortilla with grilled asparagus a, a1 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	Spätzle in a creamy broccoli sauce, baked with Mozzarella a, a1, g Apple pie a, a1	Gnocchi with cherry tomatoes tossed in sage butter and Parmesan cheese a, a1, c, g Apple pie a, a1
Fri	Quinoa salad, tomato, carrot, pepper, beetroot, green salad, cabbage, cheese, corn, tuna, olives <u>Dressings:</u> yoghurt, Italian, balsamic vinegar, American, mango-curry	Burger with homemade sauce, cheese, tomato, cucumber, lettuce and oven fries a, a1, g Fresh seasonal fruit	Veggie Burger ,homemade sauce, tomato, cheese cucumber, lettuce and fries a, a1, g, i 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