Metropolitan School
Lunch 05.06.23 – 09.06.23

Menu for Early Years

KW 23	Standard Menu	Vegetarian / Vegan Menu
Mon	Salad variations Mezze penne carbonara with turkey breast **a, a1, c, g** Fresh seasonal fruit	Salad variations Mezze penne veggie carbonara **a, a1, c, g** Fresh seasonal fruit
Tue	Salad variations Cream of asparagus soup with tomato baguette **a, a1, g** Mixed fruit smoothie	Salad variations Cheese leek cream soup with Mediterranean tomato baguette **a, a1, g** Mixed fruit smoothie
Wed	Salad variations Wrap with beef stripes mix and rice **a, a1** Fresh seasonal fruit	Salad variations Wraps with veggie mix and rice **a, a1** Fresh seasonal fruit
Thu	Public Holiday!	Public Holiday!
Fri	Salad variations Two hot dogs with rissoles fries, ketchup, mayo, fried onions **a, a1, g** Fresh seasonal fruit	Salad variations Two veggie dogs with rissoles fries, ketchup, mayo and fried onions **a, a1, g** 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