Metropolitan School Lunch 20.11.23 - 24.11.23 Early Years



Food journey around the world

KW 47	Standard Menu	Vegetarian / Vegan Menu
Mon	Penne with tomatosugo and parmesan a, a.1, g Dessert: Fresh regional fruit	Penne with basilpesto, cherry tomatoes, rocket and parmesan (VEGAN) a, a.1 Dessert: Fresh regional fruit
Tue	Asian noodle soup with chicken and vegetable toppings a, a.1 Dessert: rice pudding	Miso soup with garnish (VEGAN) i Dessert: rice pudding g
Wed	Turkish-style fish fillet with bulgur, grilled vegetables and garlicsauce a, a.1, d, g Dessert: Fresh regional fruit	Grilled cheese with bulgur, cauliflower and ajvar (VEGAN) A, a.1 Dessert: Fresh regional fruit
Thu	Butterchicken with basmati rice and spinach curry a, a.1, g Dessert: Fresh regional fruit	Chickpea curry with basmatirice (VEGAN) Dessert: Fresh regional fruit
Fri	Cheeseburger with homemade sauce, iceberg salat, tomato, cucumber and oven fries a, a.1, g Dessert: blueberry cheesecake cream g	Burger with homemade sauce, iceberg salad, tomato, cucumber and oven fries (VEGAN) a, a.1 Dessert: blueberry cheesecake cream 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 i contains mustard k contains sesame I contains sulphur dioxide m contains lupine n contains molluscs