

# Metropolitan School

## Lunch 20.11.23 – 24.11.23 Food journey around the world



| KW 47  | Standard Menu  | Vegetarian / Vegan  | Salad Bar  |
|--|--|---|--|
| <p>Mon</p>       | <p>Penne with tomatosugo and parmesan<br/><b>a, a.1, g</b></p> <p>Dessert: Fresh regional fruit</p>  | <p>Penne with basilpesto, cherry tomatoes, rocket and parmesan (VEGAN)<br/><b>a, a.1</b></p> <p>Dessert: Fresh regional fruit</p>                                   | <p><b>Couscous Salad:</b><br/>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes,</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |
| <p>Tue</p>       | <p>Asian noodle soup with chicken and vegetable toppings<br/><b>a, a.1</b></p> <p>Dessert: rice pudding<br/><b>g</b></p>   | <p>Miso soup with garnish (VEGAN)<br/><b>i</b></p> <p>Dessert: rice pudding<br/><b>g</b></p>  | <p><b>Chickpea Salad:</b><br/>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Cabbage, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes,</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p>    |
| <p>Wed</p>    | <p>Turkish-style fish fillet with bulgur, grilled vegetables and garlicsauce<br/><b>a, a.1, d, g</b></p> <p>Dessert: Fresh regional fruit</p>                        | <p>Grilled cheese with bulgur, cauliflower and ajvar (VEGAN)<br/><b>A, a.1</b></p> <p>Dessert: Fresh regional fruit</p>   | <p><b>Bulgur Salad:</b><br/>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Beet Rote, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p>         |
| <p>Thu</p>   | <p>Butterchicken with basmati rice and spinach curry<br/><b>a, a.1, g</b></p> <p>Dessert: Fresh regional fruit</p>   | <p>Chickpea curry with basmatirice (VEGAN)</p> <p>Dessert: Fresh regional fruit</p>   | <p><b>Lentil Salad:</b><br/>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes,</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p>   |
| <p>Fri</p>   | <p>Cheeseburger with homemade sauce, iceberg salad, tomato, cucumber and oven fries<br/><b>a, a.1, g</b></p> <p>Dessert: blueberry cheesecake cream<br/><b>g</b></p> | <p>Burger with homemade sauce, iceberg salad, tomato, cucumber and oven fries (VEGAN)<br/><b>a, a.1</b></p> <p>Dessert: blueberry cheesecake cream<br/><b>g</b></p> | <p><b>Quinoa Salad:</b><br/>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p>      |

The allergy meals will align with the regular lunch menu, with careful exclusion of any allergenic ingredients



= 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