

KW 9	Standard Menu	Vegetarian / Vegan	Salad Bar
<p>Mon</p> 	<p>Spaghetti bolognese with parmesan <b>a, a.1, g</b></p> <p>Dessert: fresh regional fruit</p>	<p>Spaghetti with veggie Bolognese <b>a</b></p> <p>Spaghetti bolognese with cheese (VEGAN) <b>a, a.1, f, i</b></p> <p>Dessert: fresh regional fruit</p>	<p><b>Couscous Salad:</b> 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>Broccoli cream soup with fried potato cubes and farmer's bread <b>a, a.1, g</b></p> <p>Dessert: Strawberry Tiramisu <b>a,c</b></p>	<p>Carrot soup with roasted onions and farmer's bread (VEGAN) <b>a, a.1, f, i</b></p> <p>Dessert: Strawberry Tiramisu <b>a,c</b></p>	<p><b>Chickpea Salad:</b> 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>Beef meatballs with paprika dip, mashed potatoes &amp; mixed vegetables <b>a,g</b></p> <p>Dessert: fresh regional fruit</p>	<p>"Meat"balls with pepper dip, mashed potatoes &amp; mixed vegetables (VEGAN) <b>a, a.1, f, i</b></p> <p>Dessert: fresh regional fruit</p>	<p><b>Bulgur Salad:</b> 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>Nasi Goreng with chicken strips and a mild coconut curry sauce <b>g</b></p> <p>Dessert: Greek yoghurt with crunchy cereal and honey <b>a,a.1,g</b></p>	<p>Nasi Goreng with tofu and a mild coconut curry sauce <b>g</b></p> <p>Dessert: Greek yoghurt with crunchy cereal and honey <b>a,a.1,g</b></p>	<p><b>Lentil Salad:</b> 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>Mediterranean vegetables on zanderfilet with potatoes, decorated with lime sauce <b>a,a.1,d</b></p> <p>Dessert: fresh regional fruit</p>	<p>Mediterranean vegetables on a vegetable patty with potatoes, decorated with lime sauce (VEGAN) <b>a, a.1, f, i</b></p> <p>Dessert: fresh regional fruit</p>	<p><b>Quinoa Salad:</b> 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