Metropolitan School Early Years Lunch KW 13 / 25.03.24 - 28.03.24



	Standard Menu	Vegetarian
Mon		
	Whole grain pasta with tomatosauce a, a.1	
	Dessert: fresh regional fruit	
Tue		
	Sliced beef in a creamy sauce with vegetables and rice g	Broccoli in a creamy sauce with spaetzle <mark>a, a.1, f</mark>
	Dessert: Mixed fruit smoothie	Dessert: Mixed fruit smoothie
Wed		
	Potato gratin with ham g	Potato gratin with spinach <mark>a, a.1</mark>
	Dessert: fresh regional fruit	Dessert: fresh regional fruit
Thu		
	Carrot cream soup with homemade baguette a, a.1, g	
	Dessert: Strawberry yoghurt g	
Fri		

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



a1 contains wheat a2 contains rye a3 contains barley a4 contains oats a5 contains spelt Gluten free a6 contains kamut b contains crustaceans c contains eggs

a Cereals containing gluten

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 I contains sulphur dioxide m contains lupine n contains molluscs