Metropolitan School Frankfurt Early Years Lunch KW 18 / 29.04.24 - 03.05.24



Vegetarian

Standard Menu

Mon		
	Pasta napoli garnished with parmesan a, a.1, g Dessert: fresh regional fruit	Pasta with grilled feta cherry tomatoes mix a, a.1, g Dessert: fresh regional fruit
Tue		
	Turkey schnitzel with carrots-corn mix, smashed potatoes and tomato dip a, a.1, g Dessert: Mixed fruit smoothie	Vegan schnitzel with fresh spinach, mint yoghurt dip and grilled potatoes a, a.1, g Dessert: Mixed fruit smoothie
Wed		
	Public Holiday	Public Holiday
Thu		
	Mac and cheese casserole with broccoli and fried onions a, a.1, g Dessert: fresh regional fruit	Mac and cheese casserole with cauliflower a, a.1, i Dessert: fresh regional fruit
Fri		
	Asian minced meat pan with basmati rice a, a.1 Dessert: Vanilla icecream g	Asian vegetable pan with basmati rice a, a.1 Dessert: Vanilla icecream g

The allergy and vegan 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