Metropolitan School Frankfurt Early Years Lunch KW 47 / 17.11.25 - 21.11.25



Standard Menu

Vegetarian

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Mon	MSF closed	MSF closed
Tue	MSF closed	MSF closed
Wed	Mexican stew with homemade bread a, a.1 Dessert: fresh regional fruit	Carrot-pumpkin soup with homemade bread a, a.1, g, i Dessert: fresh regional fruit
Thu	Fish fillet with mashed potatoes and cream and carrot vegetables a, a.1, d, g Dessert: Tiramisu a, a.1	Vegetable patties with rosemary potatoes, kohlrabi & creamed vegetables a, a.1, f, i Dessert: Tiramisu a, a.1
Fri	Lahmacun (turkish Pizza) with bulgur and salad a, a.1, f, i Dessert: fresh regional fruit	Grilled vegetable wrap with mild yogurt dip and salad a, a.1, f, i Dessert: fresh regional fruit

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



= Vegan





a Cereals containing gluten a1 contains wheat a2 contains rye a3 contains barley

= Lactose free 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 I contains sulphur dioxide m contains lupine n contains molluscs