

Metropolitan School Frankfurt
Early Years Lunch
KW 3 / 12.01.26 - 16.01.26



Standard Menu

Vegetarian

Mon 	<p>Penne verdure with feta cheese a, a.1, g</p> <p>Dessert: fresh regional fruit</p>	<p>Penne with a basil tomato sauce and parmesan a, a.1, g</p> <p>Dessert: fresh regional fruit</p>
Tue 	<p>Chilli con carne with nachos or baguette a, a.1, i</p> <p>Chocolate pudding g</p>	<p>Chilli sin carne with baguette or nachos a, a.1, g</p> <p>Chocolate pudding g</p>
Wed 	<p>Turkey schnitzel with rosmarin potatoes brokkoli and ketchup a, a.1, i</p> <p>Dessert: fresh regional fruit</p>	<p>Vegan schnitzel with garlic potatoes and baked cauliflower and herb dip a, a.1, g, i</p> <p>Dessert: fresh regional fruit</p>
Thu 	<p>Cabbage letil stew with flatbread a, a.1</p> <p>Cinnamon role a, a.1, g</p>	<p>Rice soup with vegetables and farmer bread g</p> <p>Cinnamon role a, a.1, g</p>
Fri 	<p>Fish fingers with potatoes and carrots buttered vegetables a, a.1, d, g</p> <p>Dessert: fresh regional fruit</p>	<p>Veg. fish fingers with potatoes and carrots buttered vegetables a, a.1, g, i</p> <p>Dessert: fresh regional fruit</p>

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	d contains fish	h5 contains pecan
a1 contains wheat	e contains peanut	h6 contains Brazil nut
a2 contains rye	f contains soy	h7 contains pistachio
a3 contains barley	g contains milk and milk products	h8 contains macadamia nut
a4 contains oats	h contains nuts	i contains celery
a5 contains spelt	h1 contains almond	j contains mustard
a6 contains kamut	h2 contains hazelnut	k contains sesame
b contains crustaceans	h3 contains walnut	l contains sulphur dioxide
c contains eggs	h4 contains cashew nut	m contains lupine
		n contains molluscs