

Metropolitan School Frankfurt
Early Years Lunch
KW 5 / 26.01.26 - 30.01.26



Standard Menu

Vegetarian

Mon 	Spaghetti napolitan with parmesan a, a.1, g Dessert: fresh regional fruit	Spaghetti aioli with cherry tomatoes, mushrooms, olives a, a.1 Dessert: fresh regional fruit
Tue 	Beef Goulash with mashed potatoes and cauliflower a, a.1, g Dessert: Mini-Donuts Black & White a, a.1, c, f, g	Veggie goulash with couscous and mint dip a, a.1, f, i Dessert: Mini-Donuts Black & White a, a.1, c, f, g
Wed 	Creamy broccoli macaroni casserole baked with mozzarella cheese a, a.1, g Dessert: fresh regional fruit	Roasted eggplant tomato maccherroni casserole baked with feta cheese a, a.1, g Dessert: fresh regional fruit
Thu 	Red Chickpea curry with chicken and rice a, a.1 Dessert: Mango Lassi g	Red Chickpea curry with rice and vegetables a, a.1 Dessert: Mango Lassi g
Fri 	Pizza salami or pizza tuna (fish) a, a.1, d, g Dessert: Ice pop	Pizza margharita or verdure a, a.1, g Dessert: Ice pop

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
a4 contains oats
a5 contains spelt
a6 contains kamut
b contains crustaceans
c contains eggs

 = Lactose free

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

 = Gluten free

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