

Metropolitan School Frankfurt
Early Years Lunch
KW 6 / 02.02.26 - 06.02.26



Standard Menu

Vegetarian

Mon 	Penne in fruity tomato sauce garnished with Parmesan a, a.1, g Dessert: fresh regional fruit	Penne with two kinds of pesto red/green and parmesan a, g Dessert: fresh regional fruit
Tue 	Turkey stripes in a creamy rosemary sauce with rice and buttered carrots a, a.1, g Dessert: Creme caramel g	Grilled cauliflower steak with couscous and curry cream dip a, a.1, g Dessert: Creme caramel g
Wed 	Potato stew with baguette a, a.1, g Dessert: fresh regional fruit	Minestrone soup with herb bread a, a.1, f, i Dessert: fresh regional fruit
Thu 	Fish sticks with mashed potatoes, herb dip and corn-pea mix a, a.1, d, g Dessert: Mixed fruit smoothie	Quinoa balls with paprika salsa and grilled potatoes a, a.1, f, i Dessert: Mixed fruit smoothie
Fri 	Döner plate with bulgur, tomatoes, cabbage, onions and tzatziki a, a.1, g Dessert: fresh regional fruit	Vegan döner plate with paprika-coriander, bulgur, grilled vegetables and tzatziki a, a.1, f, g, 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
 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