

**Metropolitan School Frankfurt**  
**Early Years Lunch**  
**KW 7 / 09.02.26 - 13.02.26**



**Standard Menu**

**Vegetarian**

<b>Mon</b>  	<b>Raviolini verdure</b> with tomato-mozzarella sauce <b>a, a.1, g</b>  <b>Dessert:</b> fresh regional fruit	<b>Ravioli</b> with a creamy spinach sauce <b>a, a.1, f</b>  <b>Dessert:</b> fresh regional fruit
<b>Tue</b>  	<b>Köfte</b> with grilled paprika, carrots, bulger & mint yoghurt dip <b>a, a.1, g</b>  <b>Dessert:</b> Chocolate pudding <b>g</b>	<b>Tofu skewer</b> with grilled zucchini, onions, bulger & ajvar (VEGAN) <b>a, a.1</b>  <b>Dessert:</b> Chocolate pudding <b>g</b>
<b>Wed</b>  	<b>Potato casserole</b> with smoked salmon and mozzarella <b>a, a.1, d, g</b>  <b>Dessert:</b> fresh regional fruit	<b>Baked broccoli potato casserole</b> with gouda <b>a, a.1, g</b>  <b>Dessert:</b> fresh regional fruit
<b>Thu</b>  	<b>Turkisch bean stew</b> and sunflower seed bread <b>a, a.1, i</b>  <b>Dessert:</b> Strawberry yoghurt <b>g</b>	<b>Lentil stew</b> with sunflower seed bread <b>a, a.1, i</b>  <b>Dessert:</b> Strawberry yoghurt <b>g</b>
<b>Fri</b>  	<b>Beef burger</b> with oven fries <b>a, a.1</b>  <b>Dessert:</b> fresh regional fruit	<b>Vegie burger</b> with oven fries <b>a, a.1, i</b>  <b>Dessert:</b> 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

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

 = Gluten free

i contains celery  
j contains mustard  
k contains sesame  
l contains sulphur dioxide  
m contains lupine  
n contains molluscs

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