Metropolitan School Frankfurt
Early Years Lunch
KW 9 / 23.02.26 - 27.02.26

	Standard Menu	Vegetarian
Mon	**Penne with a basil tomato sauce and parmesan** **a, a.1, g** **Dessert: fresh regional fruit**	**Penne Verdure with feta cheese** **a, a.1, g** **Dessert: fresh regional fruit**
Tue	**Turkey stripes in a creamy sauce with mashed potatoes and broccoli** **a, a.1, g** **Dessert: Rice pudding with cinnamon** **g**	**Chickpea schnitzel with garlic potatoes, baked cauliflower & herb dip** **a, a.1, i** **Dessert: Rice pudding with cinnamon** **g**
Wed	**Chili con carne with nachos and sourcream** **a, a.1, g** **Dessert: fresh regional fruit**	**Rice stew with vegetables and farmer bread** **a, a.1** **Dessert: fresh regional fruit**
Thu	**Creamy tomato pasta casserole with red peppers** **a, a.1, g** **Dessert: Kaiserschmarren with apple sauce** **a, a.1**	**Creamy spinach pasta casserole** **a, a.1, f** **Dessert: Kaiserschmarren with apple sauce** **a, a.1**
Fri	**Turkey sausages with oven croquets, tomato dip and kaisergemüse** **a, a.1** **Dessert: fresh regional fruit**	**Vegan sausages with croquettes, and kaisergemüse** **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
= 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