Metropolitan School Frankfurt
Early Years Lunch
KW 11 / 09.03.26 - 13.03.26

	Standard Menu	Vegetarian
Mon	**Spaghetti with mild tomato sauce** **a, a.1, g** **Dessert: fresh regional fruit**	**Spaghetti with creamy ricotta-mushroom sauce** **a, a.1, f, i** **Dessert: fresh regional fruit**
Tue	**Köfte with paprika-tomato sauce bulgur & mint yoghurt dip** **a, a.1, g** **Dessert: Cherry cake** **a, a.1, c, g**	**Veggie patty with mashed potatoes, oven brussels sprouts and hummus dip** **a, a.1, i** **Dessert: Cherry cake** **a, a.1, c, g**
Wed	**Letter soup with whole grain rolls** **a, a.1, f, i** **Dessert: fresh regional fruit**	**Turnip cream soup with croutons, herbal sour cream and garlic banquette** **a, a.1, g** **Dessert: fresh regional fruit**
Thu	**Pad Thai with vegetables and chicken** **a, a.1, f** **Dessert: Peach pudding** **g**	**Pad thai with eggs and vegetables** **a, a.1, c, g** **Dessert: Peach pudding** **g**
Fri	**Chicken thighs with spätzle, corn and a creamy brownsauce** **a, a.1, c** **Dessert: fresh regional fruit**	**Grilled cauliflory schnitzel with spätzle, fresh leaf spinach and a creamy sauce** **a, a.1** **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
a1 contains wheat
a2 contains rye
a3 contains barley
a4 contains oats
a5 contains spelt
a6 contains kamut
b contains crustaceans
c contains eggs

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

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