

Standard Menu

Vegetarian

Salad Bar

| | Standard Menu | Vegetarian | Salad Bar |
|--|---|---|--|
| Mon  | <p>Whole grain pasta with tomato sauce and parmesan a, a.1, g, i</p> <p>Dessert: fresh regional fruit</p> | <p>Whole grain spaghetti with basil, garlic oil, roasted cherry tomatoes & parmesan a, a.1</p> <p>Dessert: fresh regional fruit</p> | <p>Couscous Salad</p> <p>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |
| Tue  | <p>Asian fried rice with teriyaki chicken breast and fried vegetables a, a.1, f</p> <p>Dessert: Banana cake a, a.1, g</p> | <p>Asian fried rice with vegetables and egg c, f</p> <p>Dessert: Banana cake a, a.1, g</p> | <p>Chickpea Salad</p> <p>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Cabbage, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |
| Wed  | <p>Fish fingers with mashed potatoes and gravy with peas a, a.1, d, g</p> <p>Dessert: fresh regional fruit</p> | <p>Grilled parmesan brussels sprouts and mushrooms with mashed sweet potatoes a, a.1, g</p> <p>Dessert: fresh regional fruit</p> | <p>Bulgur Salad</p> <p>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Beet Rote, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |
| Thu  | <p>Lentil soup with beef sausage and homemade bread a, a.1, i</p> <p>Dessert: Creme caramel g</p> | <p>Vegetable stew with potatoes, carrots and farmhouse bread a, a.1, g</p> <p>Dessert: Creme caramel g</p> | <p>Lentil Salad</p> <p>Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |
| Fri  | <p>Tacos or burritos with minced meat and fresh vegetables with dips a, a.1, f, g</p> <p>Dessert: fresh regional fruit</p> | <p>Vegan tacos or burritos with fresh vegetables and dips a, a.1, g</p> <p>Dessert: fresh regional fruit</p> | <p>Quinoa Salad</p> <p>Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes</p> <p>Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard</p> |

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