Metropolitan School Frankfurt
Lunch
KW 19/ 04.05.26 - 08.05.26

	Standard Menu	Vegetarian	Salad Bar
Mon	**Farfalle in a cream tomato sauce & parmesan** **a, a.1, g** **Dessert: Mixed fruit smoothie**	**Farfalle in a cream basil sauce & parmesan** **a, a.1, g** **Dessert: Mixed fruit smoothie**	**Couscous Salad** **Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes** **Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard**
Tue	**Beef Goulash with mashed potatoes and cauliflower** **a, a.1, g** **Dessert: fresh regional fruit**	**Grilled parmesan brussels sprouts and mushrooms with mashed sweet potatoes** **a, a.1, g** **Dessert: fresh regional fruit**	**Chickpea Salad** **Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Cabbage, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes** **Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard**
Wed	**Asian noodle soup with chicken and vegetable toppings** **a, a.1** **Dessert: Rice pudding** **g**	**Miso soup with garnish (VEGAN)** **i** **Dessert: Rice pudding** **g**	**Bulgur Salad** **Tomato, Cucumber, Carrot Julienne, Bell Pepper, Beet Rote, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes** **Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard**
Thu	**Fish cakes with spaetzle broccoli and herb sauce** **a, a.1, d, g** **Dessert: Chocolate cake** **a, a.1, c, g**	**Vegetable patties with leek cream and couscous salad** **a, a.1, f, i** **Dessert: Chocolate cake** **a, a.1, c, g**	**Lentil Salad** **Tomato, Cucumber, Carrot Julienne, Bell Pepper, White Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes** **Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard**
Fri	**Pizza salami or pizza tuna (fish)** **a, a.1, d, g** **Dessert: fresh regional fruit**	**Pizza margherita or pizza veggie** **a, a.1** **Dessert: fresh regional fruit**	**Quinoa Salad** **Tomato, Cucumber, Carrot Julienne, Bell Pepper, Red Coleslaw, Green Salad, Cheese, Corn, Tuna, Olives, Sun-Dried Tomatoes** **Dressing: Yogurt, Italian, French, Balsamic, Honey-Mustard**

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