Metropolitan School Frankfurt
Lunch
KW 36/ 31.08.26 - 04.09.26

	Standard Menu	Vegetarian	Salad Bar
Mon	**Pasta pomodori with parmesan** **a, a.1, g** **Dessert: fresh regional fruit**	**Pasta with broccoli-cream sauce and parmesan** **a, a.1, f** **Dessert: fresh regional fruit**	**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 hash browns and veggie mix (Kaisergemüse)** **a, a.1, g** **Strawberry yoghurt** **g**	**Mushroom sauce with fried potatoes and veggie mix** **a, a.1, f, i** **Strawberry yoghurt** **g**	**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	**Carrot-cream soup with croutons and homemade bread** **a, a.1, g** **Dessert: fresh regional fruit**	**Turkish green bean stew with homemade bread and sour cream (made with green beans, not white giant beans)** **a, a.1, f, i** **Dessert: fresh regional fruit**	**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 fillet with knöpfle, lemoncream sauce and leaf spinach** **a, a.1, c, d, g** **Dessert: fresh regional fruit**	**Veggie patties with knöpfle, lemoncream sauce and broccoli (VEGAN)** **a, a.1** **Dessert: fresh regional fruit**	**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	**Turkey gyros with rice noodles tzatziki and grilled peppers** **a, a.1, g** **Dessert: Ice pop**	**Veggie meat, with rice noodles tzatziki and grilled vegetables (VEGAN)** **a, a.1, g** **Dessert: Ice pop**	**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