

Standard Menu

Vegetarian

Salad Bar

Mon 	Spaghetti bolognese and parmesan a, a.1 Dessert: fresh regional fruit	Spaghetti bolognese with cheese (VEGAN) a, a.1, f, i 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 	Moroccan chickpea stew with croutons a, a.1 Dessert: Oatmeal raisin cake a, f, g	Potatoe stew with lentils with herb croutons a, a.1 Dessert: Oatmeal raisin cake a, f, 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 	Saithe fillet with wild rice, creamed spinach or leaf spinach & homemade remoulade a, a.1, d, g Dessert: fresh regional fruit	Veggie patty with wild rice, creamed spinach & homemade remoulade a, a.1, g 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 	Baked gnocchi with tomato and mozzarella a, a.1, g Dessert: Rice pudding with cinnamon g	Spinach and feta borek a, a.1, g Dessert: Rice pudding with cinnamon 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 	Chicken pita pocket with salad, tomatoes, corn, cucumber and tzatziki a, a.1, g Dessert: fresh regional fruit	Grilled cheese pita pocket with salad, tomatoes, corn, cucumber and tzatziki a, a.1, g 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