Metropolitan School Frankfurt
Lunch
KW 45/ 02.11.26 - 06.11.26

	Standard Menu	Vegetarian	Salad Bar
Mon	**Wholemeal pasta with red pesto cream sauce and parmesan cheese** **a, a.1, g** **Dessert: fresh regional fruit**	**Whole grain pasta with fresh spinach, garlic and olives** **a, a.1** **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	**Turkeysteaks with mashed potatoes, peas and a creamy pepper sauce** **a, a.1, g** **Dessert: Homemade Oatmeal carrot cake** **a**	**Veggie patty with couscous and vegetables and herb dip** **a, a.1** **Dessert: Homemade Oatmeal carrot cake** **a**	**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	**Pumpkin cream soup with homemade grain bread** **a, a.1, g** **Dessert: fresh regional fruit**	**Cauliflower soup with roasted onions and homemade bread** **a, a.1** **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	**Asian fried noodles with strips of beef and Asian vegetables** **i** **Dessert: Homemade rice pudding with cinnamon** **g**	**Asian fried rice with egg and vegetables** **c** **Dessert: Homemade 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	**Tacos with chicken, fresh vegetables and homemade dips** **a** **Dessert: fresh regional fruit**	**Tacos with fresh vegetables and dips** **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