

Menu plan for the week from 07.10. to 11.10.2024

	Breakfast 9.00 Uhr	Lunch 11.45 Uhr	Snack 15.00 Uhr		
Monday	Muesli with milk & raisins	Potato soup (20,g) potato noodles with applesauce (a)	Wholemeal bread with butter, Cheese and pickled cucumbers		
Tuesday	Crispbread with Different spreads and Paprika	Wholemeal pasta with Bolognese (a,i) Accompanied: Cucumber sticks Vegetarian Bolognese (a,i)	Vegetable plate with dip and crackers		
Wednesday	Rusk with cream cheese and fruits	Chicken gyros with tzatziki, tomato rice (20,g) Served with: red cabbage salad Vegetarian: Tofu gyros (20,g)	Colourful fruit plate with bananas		
Thursday	Plain yoghurt with bananas	Boiled potatoes with creamed spinach (20,g) Served with: Tomato wedges	Wholemeal bread with butter, mozzarella and tomatoes		
Friday	Crispbread with butter, goat's cheese and cucumber	Baked fish with remoulade, potato and cucumber salad (j,a,d,c) Served with: Carrot and apple salad Vegetarian: Vegetable sticks (a,i,c,j)	Specialties of the house		
<p>1)With preservatives or "preserved", 2) with antioxidant, 3) contains phenylalanine source, 4) with colorant, 5)with fat glaze containing cocoa, 6) with sweetener(s), 7) with flavor enhancer, 8) with phosphate, 9) sulfurized, 10) waxed, 11) blackened, 12) from concentrate, 13) with alcohol, 14) acidity regulator. 15)containing caffeine, 16) containing quinine, 17) with a type of sugar or sweetener, 18) with acidulant, 19)genetically modified, 20) with milk protein, 21) molded turkey meat cutlets, finely chopped together, A) cereals containing gluten*, B) crustaceans*, C) eggs*, D) fish*, E) peanuts*, F) soy*, G)milk incl. lactose*, H) nuts/nuts*, I) celery*, J) mustard*, K) sesame seeds*, L) sulfur dioxide/sulfite, M) lupins*, N) molluscs* *and products thereof</p>					