

~Weekly Lunch Menu~



Week 34

Date: 20th August -24th August 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰		Carrot sticks Apple slices	Cucumber sticks Orange wedges	Sliced peppers Pineapple chunks	Cubed beetroot Cubed melon
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵		Vegetarian sausages Curry sauce ^{°*} Crinkle cut potatoes ^{°*} Tomato gratin* Sliced peppers Blueberries	Pork ragout a la grandmother ^{°*} Gnocchi Broccoli with almonds Carrot sticks Kiwi	Chicken kebab served with tzatziki Whole wheat wrap [°] Carrot salad Cucumber sticks Bananas	Chili con Carni ^{°*} Polenta* Corn on the cob Cherry tomatoes Slices of pear Seed cookies
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu		Veal balls(PS)	Rice(PS/PR/SG) Spring rolls(AB/AC)	Veggie wienerli(AB)	Penne(PR/PS) Falafel(AB/AC)

[°]Lactose Free
*Gluten Free

**all fruits and vegetables are subject to availability
***Lunch is always served with water