

# ~Weekly Lunch Menu~



Week 46

Date: 12<sup>th</sup> November - 16<sup>th</sup> November 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Snack**</b> 10. <sup>00</sup> -10. <sup>30</sup>	<i>cucumber sticks</i> <i>Apple slices</i>	<i>Sliced peppers</i> <i>Bananas</i>	<i>Cherry tomatoes</i> <i>Kiwis</i>	<i>Carrot sticks</i> <i>Sliced melon</i>	<i>Cubed beetroot</i> <i>Mandarins</i>
<i>Choice of juice or water plus a carbohydrate</i>					
<b>Lunch***</b> 12. <sup>30</sup> -13. <sup>15</sup>	<i>Pasta°</i> <i>Bolognaise sauce°*</i> <i>Parmesan cheese</i> <i>Carrot sticks</i> <i>Sliced pears</i>	<i>Strips of chicken in a mild curry sauce*</i> <i>Perfumed rice°*</i> <i>Courgette salad°*</i> <i>Cherry tomatoes</i> <i>Cubed pineapple</i>	<i>Meatloaf served with gravy°*</i> <i>Organic spätzli°</i> <i>Corn on the cob°*</i> <i>Cubed beetroot</i> <i>Grapes</i>	<i>Soup with egg* §</i> <i>Bread, cheese and cold meats</i> <i>Cucumber sticks</i> <i>Sliced oranges</i> <i>Seed cookies</i>	<i>Veal kebab*</i> <i>Yoghurt sauce*</i> <i>Pita bread</i> <i>Coleslaw salad°*</i> <i>Sliced peppers</i> <i>Bananas</i>
<b>Afternoon Snack</b> 15. <sup>00</sup> -15. <sup>15</sup>	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
<b>Alternative Menu</b>	<i>Tomato sauce AB/AC</i>	<i>Vegetarian AB</i>	<i>Rice PR/PS</i>  <i>Vegan AC/AB</i>		<i>Rice AC/PR/PS</i>

°Lactose Free

\*Gluten Free

\*\*all fruits and vegetables are subject to availability

\*\*\*Lunch is always served with water

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