

~Weekly Lunch Menu~



Week 47

Date: 19th November – 23rd November 2018

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Carrot sticks</i> <i>Apple slices</i>	<i>Sliced pepper</i> <i>Mandarins</i>	<i>Cherry tomatoes</i> <i>Sliced pear</i>	<i>Cucumber sticks</i> <i>Grapes</i>	<i>Cubed beetroot</i> <i>Orange wedges</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Fish fingers</i> [°] <i>Tartar dip</i> [*] <i>Lemon rice</i> [*] <i>Creamed spinach</i> <i>Celery sticks</i> <i>Sliced melon</i>	<i>Veal balls served with a cream sauce</i> [*] <i>Mashed potato</i> [*] <i>Green peas</i> [*] <i>Carrot sticks</i> <i>Pineapple chunks</i>	<i>Pumpkin piccata-puffer</i> <i>Tomato-basil sauce</i> ^{°*} <i>Bow-tie pasta</i> [°] <i>Romanesco</i> ^{°*} <i>Sliced peppers</i> <i>Bananas</i>	<i>Chicken nuggets</i> [°] <i>Sweet and sour dip</i> [°] <i>Fried potatoes</i> ^{°*} <i>Peperonata</i> ^{°*} <i>Cherry tomatoes</i> <i>kiwis</i>	<i>Strips of chicken in a rosemary sauce</i> ^{°*} <i>Salted potatoes</i> ^{°*} <i>Glazed carrots</i> <i>Cucumber sticks</i> <i>Apple slices</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu	<i>Vegan fish fingers</i> § <i>(AC/MS)</i>	<i>Vegetarian (AB)</i> §	<i>No puffer/Pasta*(PR/ - PS*)</i> <i>Vegan (AC/MS)</i>	<i>Veggie nuggets (AB)</i>	<i>Vegan (AB/AC/MS)</i>

°Lactose Free
*Gluten Free

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