

~Weekly Lunch Menu~



Week 3

Date: 14th January - 18th January 2019

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack** 10. ⁰⁰ -10. ³⁰	<i>Cucumber sticks</i> <i>Sliced melon</i>	<i>Sliced peppers</i> <i>Sliced mango</i>	<i>Carrot sticks</i> <i>Sliced apple</i>	<i>Cherry tomatoes</i> <i>Bananas</i>	<i>Cubed beetroot</i> <i>Grapes</i>
<i>Choice of juice or water plus a carbohydrate</i>					
Lunch*** 12. ³⁰ -13. ¹⁵	<i>Falafel balls</i> ^{°*} <i>Herb sauce</i> [*] <i>Cous cous</i> [°] <i>Mange-tout</i> <i>Celery sticks</i> <i>Kiwi</i>	<i>Vegetable bouillon with star pasta</i> [°] <i>Bread and cheese</i> <i>Cold meats</i> <i>Cherry tomatoes</i> <i>Sliced pears</i>	<i>Veal kebab</i> [*] <i>Yoghurt sauce</i> [*] <i>Pita bread</i> <i>Cole slaw salad</i> ^{°*} <i>Sliced peppers</i> <i>mandarins</i>	<i>Pizza margarita on a whole wheat base</i> <i>Broccoli</i> ^{°*} <i>Carrot sticks</i> <i>Pineapple chunks</i>	<i>Chicken chipolatas</i> [*] <i>Onion sauce</i> ^{°*} <i>Pasta</i> [°] <i>Steamed kale</i> ^{°*} <i>Cucumber sticks</i> <i>Sliced oranges</i>
Afternoon Snack 15. ⁰⁰ -15. ¹⁵	<i>Choice of fruit tea or water plus a fruit** and vegetable**</i>				
Alternative Menu		<i>Gluten free</i> <i>Bread and soup (PS) §</i>	<i>Spinach balls (AB/AC)</i> <i>Rice (AC/PR/PS)</i>		<i>Vegan nuggets AC/B</i> <i>Chicken nuggets PR</i>

[°]Lactose Free

^{*}Gluten Free

**all fruits and vegetables are subject to availability

***Lunch is always served with water