

Lunch Menu

| IB | Monday 05.06. | Tuesday 05.07. | Wednesday 05.08. | Thursday 05.09. | Friday 05.10. |
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| MENU | Gazpacho 1 Viennese Schnitzel 1,3 Jasmine Rice Steamed Vegetables | Cauliflower Soup 1,9 Barbecue Chicken Roast Potato Steamed Green Pea | Vegetables Soup 1,9 Blanquette Chicken 1,7 Couscous with Vegetables 1 | Corn Cream Soup 1,7 Fish and Chips 1,3,4 Steamed Vegetables | Gyros Plate 1,7 Bulgur Wheat 1 Dessert 1,7,(8) |
| | Energy: 1134,8kcal Protein: 50,7g Fat: 27,9g SFA: 4,6g Carbohydrates: 162,4g Sugar: 11,5g Salt: 2g | Energy: 824,7kcal Protein: 44,3g Fat: 31,9g SFA: 4,6g Carbohydrates: 93,8g Sugar: 2,2g Salt: 0,8g | Energy: 828,5kcal Protein: 42,8g Fat: 21,4g SFA: 4,1g Carbohydrates: 107,1g Sugar: 14,3g Salt: 1g | Energy: 1031,8kcal Protein: 45,9g Fat: 32,2g SFA: 5,3g Carbohydrates: 134,9g Sugar: 0,6g Salt: 0,5g | Energy: 783,8kcal Protein: 38,7g Fat: 24,8g SFA: 6,3g Carbohydrates: 100,9g Sugar: 14,8g Salt: 0,6g |
| VEGETARIAN | Gazpacho 1 Curry Rice with Vegetables | Cauliflower Soup 1,9 Quiche with Spinach and Feta Cheese 1,3,7 | Vegetables Soup 1,9 Vegetarian Chili | Corn Cream Soup 1,7 Breaded Vegetables Tartar 3,7 Fried Potato Steamed Vegetables | Vegetables in Creamy Sauce Pasta 1,7 Dessert 1,7,(8) |
| | Energy: 738kcal Protein: 15,7g Fat: 15g SFA: 2g Carbohydrates: 130,8g Sugar: 12g Salt: 1,8g | Energy: 673,2kcal Protein: 16,8g Fat: 46,3g SFA: 6,2g Carbohydrates: 49,9g Sugar: 1,6g Salt: 1g | Energy: 556,2kcal Protein: 19,5g Fat: 11,8g SFA: 2,1g Carbohydrates: 88,1g Sugar: 19,3g Salt: 1,4g | Energy: 1007,2kcal Protein: 35,7g Fat: 35,4g SFA: 7,2g Carbohydrates: 133,6g Sugar: 4,1g Salt: 0,9g | Energy: 836,1kcal Protein: 25,6g Fat: 30,3g SFA: 12,2g Carbohydrates: 113,6g Sugar: 24,4g Salt: 1,1g |
| Menu for Students With Food Allergies | Gazpacho Breaded Chicken Steamed Rice Steamed Vegetables | Cauliflower Soup Roast Chicken Roast Sweet Potato Steamed Green Pea | Vegetables Soup Roast Chicken with Mushroom in Creamy Sauce Quinoa | Celery Cream Soup 9 Roast Fish 4 Fried Potato Steamed Vegetable | Dessert Gyros Plate Millet with Vegetables |
| | Energy: 887,2kcal Protein: 39,6g Fat: 20,4g SFA: 3,2g Carbohydrates: 129,8g Sugar: 15,4g Salt: 2,2g | Energy: 797,9g Protein: 45g Fat: 28,9g SFA: 4,2g Carbohydrates: 92,8g Sugar: 0,6g Salt: 0,6g | Energy: 847kcal Protein: 42,2g Fat: 23,3g SFA: 6,6g Carbohydrates: 101,6g Sugar: 14,4g Salt: 0,3g | Energy: 866kcal Protein: 30,4g Fat: 46,3g SFA: 9,1g Carbohydrates: 90,6g Sugar: 1g Salt: 1,3g | Energy: 824,2kcal Protein: 36,1g Fat: 32,7g SFA: 11,5g Carbohydrate: 85,7g Sugar: 7,9g Salt: 0,6g |
| Menu for Students With Food Allergies Vegetarian | Gazpacho Pickled Cabbage Casserole | Cauliflower Soup Creamy Spinach Roast Potato Steamed Green Pea | Vegetables Soup Gluten-free Pasta with Fried Cabbage | Celery Cream Soup 9 Boiled Egg 3 Green Pea Stew | Dessert Vegetable Loaf Millet with Vegetables |
| | Energy: 724kcal Protein: 11,1g Fat: 21,2g SFA: 7,4g Carbohydrates: 116,6g Sugar: 16,4g Salt: 2,1g | Energy: 824,4g Protein: 25,8g Fat: 33,9g SFA: 10,2g Carbohydrates: 108,4g Sugar: 1,9g Salt: 0,6g | Energy: 722,3kcal Protein: 11,8g Fat: 17g SFA: 2,3g Carbohydrates: 124,8g Sugar: 24,1g Salt: 0,6g | Energy: 578,6kcal Protein: 24,2g Fat: 15,6g SFA: 3g Carbohydrates: 81g Sugar: 2,8g Salt: 1,1g | Energy: 754,5kcal Protein: 15,9g Fat: 25,4g SFA: 8,3g Carbohydrates: 106,9g Sugar: 6,4g Salt: 0,5g |