

# Lunch Menu

<b>KS1</b>	<b>Monday 05.06.</b>	<b>Tuesday 05.07.</b>	<b>Wednesday 05.08.</b>	<b>Thursday 05.09.</b>	<b>Friday 05.10.</b>
<b>MENU</b>	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: 1004,1kcal Protein: 38,8g Fat: 33g SFA: 5g Carbohydrates: 131,8g Sugar: 11,2g Salt: 1,6g	Energy: 603,7kcal Protein: 31,6g Fat: 23,5g SFA: 3,4g Carbohydrates: 68g Sugar: 1,7g Salt: 1,4g	Energy: 623,2kcal Protein: 32,8g Fat: 14,4g SFA: 2,8g Carbohydrates: 83,8g Sugar: 13,5g Salt: 0,2g	Energy: 826,7kcal Protein: 35g Fat: 31,9g SFA: 4,9g Carbohydrates: 96,8g Sugar: 0,4g Salt: 0,4g	Energy: 633,6kcal Protein: 30,9g Fat: 20g SFA: 5,5g Carbohydrates: 82,3g Sugar: 12,9g Salt: 0,5g
<b>VEGETARIAN</b>	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: 583,1kcal Protein: 12,2g Fat: 11,6g SFA: 1,5g Carbohydrates: 104g Sugar: 11,6g Salt: 1,4g	Energy: 537,7kcal Protein: 13g Fat: 36,7g SFA: 4,9g Carbohydrates: 39,4g Sugar: 1,2g Salt: 0,9g	Energy: 428kcal Protein: 16g Fat: 5,9g SFA: 1,2g Carbohydrates: 73,7g Sugar: 17,4g Salt: 1,3g	Energy: 738,6kcal Protein: 26,5g Fat: 24,7g SFA: 5,2g Carbohydrates: 100,3g Sugar: 3,3g Salt: 0,8g	Energy: 739,9kcal Protein: 22,4g Fat: 25,1g SFA: 10,6g Carbohydrates: 104,2g Sugar: 23,8g Salt: 1g
<b>Menu for Students With Food Allergies</b>	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 Roast Fish 4 Fried Potato Steamed Vegetable	Dessert Gyros Plate Millet with Vegetables
	Energy: 746,1kcal Protein: 34g Fat: 18,9g SFA: 2,9g Carbohydrates: 103,2g Sugar: 14,1g Salt: 0,4g	Energy: 588,1g Protein: 32,7g Fat: 21,7g SFA: 3,2g Carbohydrates: 67g Sugar: 0,4g Salt: 0,5g	Energy: 697kcal Protein: 34,4g Fat: 17,6g SFA: 34,9g Carbohydrates: 86,9g Sugar: 13,6g Salt: 0,3g	Energy: 609,1kcal Protein: 23,1g Fat: 23,6g SFA: 6,1g Carbohydrates: 71,8g Sugar: 0,8g Salt: 0,8g	Energy: 622,8kcal Protein: 27,5g Fat: 26,5g SFA: 10,1g Carbohydrate: 62,5g Sugar: 5,5g Salt: 0,4g
<b>Menu for Students With Food Allergies Vegetarian</b>	Gazpacho Pickled Cabbage Casserole	Cauliflower Soup Creamy Spinach Roast Potato Steamed Green Pea	Vegetables Soup Gluten-free Pasta with Fried Cabbage	Celery Cream Soup Boiled Egg 3 Green Pea Stew	Dessert Vegetable Loaf Millet with Vegetables
	Energy: 426kcal Protein: 7,8g Fat: 16,1g SFA: 5,6g Carbohydrates: 58,1g Sugar: 13,3g Salt: 2,3g	Energy: 629,9g Protein: 18,4g Fat: 27g SFA: 8,7g Carbohydrates: 80,4g Sugar: 1,5g Salt: 0,5g	Energy: 525,4kcal Protein: 8,9g Fat: 10,1g SFA: 1,4g Carbohydrates: 96,2g Sugar: 19,9g Salt: 0,4g	Energy: 494,3kcal Protein: 20,4g Fat: 13,9g SFA: 2,8g Carbohydrates: 67,9g Sugar: 2,5g Salt: 0,7g	Energy: 571kcal Protein: 11,4g Fat: 21,4g SFA: 7,8g Carbohydrates: 77,6g Sugar: 5,5g Salt: 0,4g