

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH
SOUP

Pumpkin soup


Lettuce soup


Pepper soup


Spinach soup

Chickpea soup


LUNCH
MAIN DISH


Chickpeas and wheat curry

Wh

Pork and beef meatballs in brown sauce, applesauce, chips

Wh

Roast turkey, creamed spinach, mashed potatoes

Wh

Pasta with zucchini sauce and cheese

Wh

Carbonnade with prunes, carrots and steamed potatoes

Ry

LUNCH
DESSERT

Yoghurt


Fruit

Fruit


Fruit

Fruit

DRINK

Water

Legend

-  Meat, offal, fat, gelatin, etc.
-  Cattle
-  Fish
-  Milk
-  Lactose
-  Gluten
-  Celery
-  Mustard
-  Soy
-  Sulfites

Ry=Rye Wh=Wheat