



	MO	TU	WE	TH	FR
W1	<p>Backed cheese hornli with pesto</p> <p>Salad</p> <p>G, M, S</p>	<p>Bulgur with miso eggplant Asian style</p> <p>Salad</p> <p>Sj, G, Sm</p>	<p>Coconut-pumpkin cream soup or carrot-ginger soup with fresh bread</p> <p>Salad</p> <p>(V) G</p>	<p>Oven vegetables with frittata</p> <p>Salad</p> <p>(Vi) E</p>	<p>Pizza or tarte flambée with vegetables</p> <p>Salad</p> <p>(Vi) G, M</p>
W2	<p>Asian rice pan with vegetables, sesame seeds, eggs and spring onions</p> <p>Salad</p> <p>(Vi), Sm, E, Sj</p>	<p>Spaetzli with mushroom cream sauce</p> <p>Salad</p> <p>(Vi), G, E</p>	<p>Ebly with vegetables and tofu</p> <p>Salad</p> <p>(V), G, Sj</p>	<p>Spaghetti Bolognese with cheese</p> <p>Salad</p> <p>G, M, SL</p>	<p>Potato roesti with fish sticks and cream spinach</p> <p>Salad</p> <p>(Vi) F, M</p>
W3	<p>Puff pastry pie with salmon, mushrooms, broccoli and spinach</p> <p>Salad</p> <p>Sj, Sm</p>	<p>Lentil soup with celery, carrots and tomatoes or celery soup</p> <p>Salad</p> <p>(V), SL, S</p>	<p>Mild chili-con carne with red beans and jasmine rice</p> <p>Salad</p> <p>(V), G, Sj</p>	<p>Turkey stroganoff with mushrooms, vegetables and mashed potatoes</p> <p>Salad</p> <p>Sm, E, Sj, G</p>	<p>Couscous with Grilled vegetables</p> <p>Salad</p> <p>(Vi), G, M</p>
W4	<p>Quiche with beef, creamed vegetables and cheese</p> <p>Salad</p> <p>G, M</p>	<p>Pasta with fish fillet and zucchini in a creamy sauce</p> <p>Salad</p> <p>F, G</p>	<p>Lentil curry with sweet potatoes and basmati rice</p> <p>Salad</p> <p>(V)</p>	<p>Ratatouille with polenta</p> <p>Salad</p> <p>(V), SL</p>	<p>Mashed potatoes with creamy pea sauce and sausages</p> <p>Salad</p> <p>M</p>
W5	<p>Lasagna with béchamel sauce and tomatoes</p> <p>Salad</p> <p>(Vi), G, S</p>	<p>Mexico rice with taco cauliflower or cauliflower roast</p> <p>Salad</p> <p>(Vi), M, E, G</p>	<p>Indian potato with spinach, tomatoes and green peas</p> <p>Salad</p> <p>(V), S</p>	<p>Minestrone soup with pasta and pesto</p> <p>Salad</p> <p>(V), G, SL</p>	<p>Mushrooms omelet With vegetables</p> <p>Salad</p> <p>(Vi), E, M</p>

Vi - Veggie / Vegetarian | V - Vegan | G - Gluten | S - mustard | Sm - Sesame | SL - Celery | M - lactose free milk | Sj - Soja | E - Eggs | F - Fish