

Day	Date	International	Vegetarian	Dessert	
Thu	01.10.	school holiday			
Fri	02.10.	school holiday			
Mon	05.10.	Pumpkin-potato stew with whole grain roll (1,6,7)			semolina pudding with sugar and cinnamon (6)
Tue	06.10.	Turkey gyros with tomato rice and tsatsiki (6,7)	Soy gyros with tomato rice and tsatsiki (6,7,8)	fruit	
Wed	07.10.	Gnocchi with rucola-basil-pesto, parmesan cheese and tomato-cucumber salad (6,9)			fruit
Thu	08.10.	half Day/No Lunch PLD- Day			
Fri	09.10.	Baked Alaskan pollack with potato wedges and cocktail dip, salad on the side (1,6,10)	Vegan "no chicken nuggets" with potato chips, cocktail dip and salad on the side (1,6,10)	fruit	
Mon	12.10.	Chicken curry with mixed rice and broccoli (6,7,10)	Curry with tofu, mixed rice and broccoli (6,7,8,10)	fruit	
Tue	13.10.	Whole grain noodles in tomato-basil-sauce, cheese to sprinkle and sugar snaps (1,6,7)			chocolate pudding (6)
Fri	14.10.	Leek stew with minced beef, potatoes and salad on the side (6,7,10)	Leek stew with pumpkin, potatoes and salad on the side (6,7,10)	fruit	
Thu	15.10.	Creamed pumpkin soup with croutons, Kaiserschmarrn and apple sauce (1,6,7,9)			fruit
Fri	16.10.	Rösti with baked vegetables, dip and salad (6)			fruit
Mon	19.10.	Meat loaf (from poultry) with gravy and fried potatoes (6,7)	Lentil loaf with gravy and fried potatoes (6,7)	fruit	
Tue	20.10.	Vegetable lasagna, mixed salad on the side (1,6,7,10)			blueberry quark (6)

Wed	21.10.	Fish roll in mustard sauce, potatoes and salad (6,7,10)	Cabbage roll in mustard sauce, potatoes and salad (6,7,8,10)	fruit
Thu	22.10.	Boulgour with grilled vegetable and herbed dip (1,6)		fruit
Fri	23.10.	Pumpkin-lentil stew with Wiener sausage and whole wheat roll (1,6,7,10)	Pumpkin-lentil stew and whole grain roll (1,6,7)	fruit
Mon	26.10.	Gratinated noodle casserole with pumpkin and leek (1,6,7,9)		vanilla pudding (6)
Tue	27.10.	Chicken schnitzel with wedges, lemon wedge, ketchup and mixed salad (1,10)	Baked camembert with cranberries, French bread and salad on the side (1,6,10)	fruit
Wed	28.10.	Carrot-ginger-soup with croutons, hash browns and apple sauce (1,6,7)		fruit
Thu	29.10.	Chili con carne with rice and salad (6,7)	Chili sin carne with rice and salad (6,7,8)	fruit
Fri	30.10.	Cheese spätzle with fried onions and cucumber salad (1,6,7,9)		fruit

Menu may be subject to change

Legend:

1 = wheat 2 = spelt 3 = rye 4 = barley 5 = oat 6 = milk 7 = celery 8 = soya 9 = egg 10 = mustard 11 = peanuts 12 = sesame 13 = lupine 14 = green spelt 15 = nuts