

| Day | Date | International | Vegetarian | Dessert | |
|-----|--------|---|---|--|--|
| Fri | 01.10. | Sweet potato stew with pumpkin, whole grain roll (1,6,7) | | fruit | |
| Mon | 04.10. | Colourful noodles in tomato-zucchini sauce, sugar snaps (1,6,7) | | Chocolate pudding (6) | |
| Tue | 05.10. | Chicken schnitzel with wedges, mixed salad (1,10) | Baked camembert with cranberries, mixed salad and French bread (1,6,10) | fruit | |
| Wed | 06.10. | Cheese Spätzle with fried onions, cheese to sprinkle and bean salad (6,7,9) | | fruit | |
| Thu | 07.10. | Professional Learning Day - Half Day - no lunch | | | |
| Fri | 08.10. | Chili con carne with rice and salad on the side (6,7,10) | Chili sin carne with rice and salad on the side (6,7,8,10) | fruit | |
| Mon | 11.10. | Alaskan pollack filet in mustard sauce, mixed rice and salad on the side (1,7,10) | Stuffed zucchini slices in mustard sauce, mixed rice and salad on the side (6,7,10) | fruit | |
| Tue | 12.10. | Creamed pumpkin soup with croutons, Kaiserschmarrn and apple sauce (1,6,7,8,10) | | fruit | |
| Wed | 13.10. | Beef goulash with noodles and cucumber salad (1,6,7) | Vegetarian goulash with noodles and cucumber salad (1,6,7,8) | fruit | |
| Thu | 14.10. | Potatoes and pumpkin from the oven, quark dip (6,7) | | straciatella quark (6) | |
| Fri | 15.10. | Gnocchi in ham and cheese sauce, salad on the side (6,7,9,10) | Gnocchi in blue cheese sauce and salad on the side (6,7,9,10) | fruit | |
| Mon | 18.10. | Chicken strips with rice and broccoli (6,7) | Soy strips with rice and broccoli (6,7,8) | fruit | |
| Tue | 19.10. | Mee noodle stir-fry with soy sauce and salad on the side (1,6,7,8,9) | | fruit | |
| Wed | 20.10. | Lentil stew with Wiener sausage and crusty French bread (1,6,7) | Lentil stew with crusty French bread (1,6,7) | Semolina pudding with sugar and cinnamon (1,6) | |

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| Thu | 21.10. | Schupfnudeln in minced meat and savoy sauce, carrots on the side (1,6,7) | Schupfnudeln in savoy sauce, carrots on the side (1,6,7) | fruit |
| Fri | 22.10. | Pumpkin curry with couscous, mixed salad (1,6,7) | | fruit |
| Mon | 25.10. | Meat balls with gravy, mashed potatoes and carrots (6,7) | Vegetable fritters with gravy, mashed potatoes and carrots (6,7,9) | fruit |
| Tue | 26.10. | Asian coconut stir-fry with mixed rice and sugar snaps (6,7) | | chocolate pudding (6) |
| Wed | 27.10. | Chicken stew with noodles (1,6,7) | Vegetable stew with noodles (1,6,7) | fruit |
| Thu | 28.10. | Oven vegetables with pumpkin, feta cheese, boulgour and salad on the side (1,6,7,10) | | fruit |
| Fri | 29.10. | Fish balls with potato chips and sauce tartare (6,9) | Veggie nuggets with potato chips and sauce tartare (5,6,9) | 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