

Day	Date	International	Vegetarian	Dessert
Wed	01.03.	Gratinated potatoes with spinach and salmon, mixed salad on the side (6,7,10)	Gratinated potatoes with spinach and carrots, mixed salad on the side (6,7,10)	fruit
Thu	02.03.	Whole grain noodles with gorgonzola sauce, broccoli (1,6,7)		fruit
Fri	03.03.	Vegetable curry with chicken and boulgour (1,6,7)	Vegetable curry with pulled veggie and boulgour (1,5,6,7,9)	fruit
Mon	06.03.	Turkey goulash with Spätzle and cucumber salad (1,6,7,9)	Vegetarian goulash with Spätzle and cucumber salad (1,5,6,7,9)	fruit
Tue	07.03.	Rice stir-fry with vegetable, herbed dip and salad on the side (6,7,10)		chocolate pudding (6)
Wed	08.03.	Baked Alaskan pollack with roast potatoes, zucchini and carrots (1,7)	Vegetarian vish with roast potatoes, zucchini and carrots (1,7,8)	fruit
Thu	09.03.	Vegetable lasagna with mixed salad (1,6,7,10)		fruit
Fri	10.03.	Vegetable stew with chicken and semolina dumplings, ciabatta bread (1,6,7)	Vegetable stew with semolina dumplings, ciabatta bread (1,6,7)	fruit
Mon	13.03.	Mini meat balls in tomato sauce, rice and salad on the side (1,6,7,9)	Falafel in tomato sauce, rice and salad on the side (6,7,10)	fruit
Tue	14.03.	Potato rösti with herbed quark and ratatouille, bacon to sprinkle (6,7)	Potato rösti with herbed quark and ratatouille (6,7)	rice pudding with sugar and cinnamon (6)
Wed	15.03.	Parent-Teacher Conferences - no lunch		fruit
Thu	16.03.	Meatloaf in gravy and mashed potatoes (6,7)	Vegan meatloaf in gravy and mashed potatoes (6,7)	fruit
Fri	17.03.	Vermicelli stir-fry with feta and salad on the side (1,6,10)		fruit

Mon	20.03.	Chicken schnitzel with French fries, ketchup, mayonnaise and lemon wedge (1)	Veggie-nuggets with French fries, ketchup and mayonnaise (5,9)	fruit
Tue	21.03.	Potato-paprika stew with lentils, tsatsiki and green beans (1,6,7)		strawberry yoghurt (6)
Wed	22.03.	Half day - no lunch		fruit
Thu	23.03.	Gratinated gnocchi with chick pea salad (6,7,9)		fruit
Fri	24.03.	Vegetable stew with pearl barley and crusty whole grain roll (1,3,4,6,7)		fruit
Mon	27.03.	Rice-vegetable stir-fry with pollack, endive salad on the side (7,10)	Sweet potato curry with rice, endive salad on the side (1,8,10)	fruit
Tue	28.03.	Cheese spätzle with roast onions, cheese to sprinkle and cucumber salad (1,6,7,9)		chocolate pudding (6)
Wed	29.03.	Turkey-leek stir-fry with mixed rice and sugar snaps (6,7)	Leek stir-fry with mixed rice and sugar snaps (6,7)	fruit
Thu	30.03.	Creamed broccoli soup with croutons, hash browns with apple sauce (1,6,7,9)		fruit
Fri	31.03.	Mee noodle stir-fry with soy sauce and salad on the side (1,7,8,9)		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