

# Hot Lunch Menu

January 2024



Day	Date	International	Vegetarian	Dessert
01.-05.01.24		School Holiday		
Mon	08.01.24	Rice stir-fry with fish nuggets, salad on the side (7,10)	Boulgour-curry stir-fry, salad on the side (1,7)	fruit
Tue	09.01.24	Noodle soup, quark dumplings with vanilla sauce (1,6,7,9)		fruit
Wed	10.01.24	Bratwurst coil with sauerkraut and farmer bread, ketchup and mustard (1,3,7,10)	Vegetarian Bratwurst with sauerkraut and farmer bread, ketchup and mustard (1,3,7,10)	fruit
Thu	11.01.24	Vegetarian lasagne with mixed salad (1,6,7,10)		Semolina pudding with sugar/cinnamon (1,6,)
Fri	12.01.24	Gnocchi in ham-paprika cream sauce and green beans (1,6,7)	Gnocchi in paprika cream sauce and green beans (1,6,7)	fruit
Mon	15.01.	Farmer rösti with scrambled eggs and spinach (6,7)		fruit
Tue	16.01.	Macaroni with beef bolognese, parmesan cheese and mixed salad (1,6,7,10)	Macaroni with veggie bolognese (pea protein), parmesan cheese and mixed salad (1,4,6,7,10)	fruit
Wed	17.01.			
Thu	18.01.	Fish bordelaise in butter sauce, potatoes and endive salad (1,6,7)	Vegetable balls in butter sauce, potatoes and endive salad (1,7,8)	fruit
Fri	19.01.	Vegetable stew with savoy and lentils, crusty whole grain roll (1,3,6,7)		fruit
Mon	22.01.	Meatballs with wedges, coleslaw and sweet chilli sauce (1)	Vegetable fritter with wedges, coleslaw and sweet chilli sauce (1,7,8,10)	fruit
Tue	23.01.	Fancy noodles in tomato-basil sauce, cheese to sprinkle and mixed salad on the side (1,6,7,10)		fruit
Wed	24.01.	Turkey stir-fry with carrots and leek, rice and broccoli (6,7)	Veggi stir-fry (pea protein) with carrots and leek, rice and broccoli (6,7)	fruit
Thu	25.01.	Potato gratin with Mediterranean vegetable, feta cheese and tomato salad (6,9)		strawberry quark (6)

Fri	26.01.	Green pea soup with Wiener sausage and Laugen roll (1,7,10)	Green pea soup with veggi Wiener and Laugen roll (1,7,9)	fruit
Mon	29.01.	Tagliatelle with mushroom-leek sauce and endive salad (1,6,7)		fruit
Tue	30.01.	Mexican chicken stir-fry with mixed rice (7)	Mexican veggi stir-fry with mixed rice (7)	fruit
Wed	31.01.	Broccoli cream soup wiht croutons, Kaiserschmarrn with apple sauce (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