Lunch menu selection from 04.03.2024 to 10.03.2024   Ward: _____ Room: _____

	Lindenburg Menu	Sülz Menu	Grüngürtel Menu	Pastries
Mon	Chicken breast ☐ Suprême sauce 3,g,i ☐ Spätzle (egg pasta) a,c ☐ Broccoli ☐ Fruit yoghurt g ☐	(S) Pea stew 2,3,i ☐ Brown bread a ☐ Kiwi fruit ☐	Thai vegetables f ☐ Red Thai sauce ☐ Jasmine rice ☐ Apple sauce 3 ☐	Butter cookies 6,a,c ☐
Tue	Fillet of hoki fish "Meuniere" 6,a,g,d ☐ Lemon sauce ☐ Salted boiled potatoes ☐ Baby carrots ☐ Fruit yoghurt g ☐	(S) Pan-fried meatballs a,c,i,j ☐ Mustard j ☐ Mashed potatoes 2,3,6,g ☐ Leeks in a cream sauce g ☐ Apple ☐	Penne a ☐ Mediterranean sauce ☐ Grated cheese g ☐ Apple sauce 3 ☐	Lemon cake 6,a,c ☐
Wed	Turkey steak ☐ Sauce à la zingara ☐ Spinach gnocchi a ☐ Mixed Balkan vegetables ☐ Fruit yoghurt g ☐	Beef goulash ☐ Fusilli a ☐ cauliflower ☐ Pear ☐	Veg. couscous stir fry a,i ☐ Tomato and basil sauce ☐ Apple sauce 3 ☐	Cream biscuit a,c,g,h ☐
Thu	Spaghetti a ☐ (C) Carbonara 2,3,6,g ☐ Fruit yoghurt g ☐	Roast pork j ☐ Gravy ☐ Rosemary potatoes ☐ Braised beans ☐ Apple ☐	Broccoli and carrot soufflé 6,a,c,g ☐ Herb sauce g ☐ Salted boiled potatoes ☐ Apple sauce 3 ☐	Cherry biscuits a ☐
Fri	Breaded sea trout 6,a,c,j,d ☐ Remoulade 1,c,j ☐ Warm potato salad 2,j ☐ Cucumber 1,9,g,j,l ☐ Fruit yoghurt g ☐	Beef bolognaise i ☐ Spaghetti a ☐ Parmesan 2,c,g ☐ Kiwi fruit ☐	3 eggs c ☐ Mustard sauce j ☐ Salted boiled potatoes ☐ Creamed spinach g ☐ Apple sauce 3 ☐	Shortbread biscuits 1,5,6,a,c ☐
Sat	Asian stir fry with chicken f ☐ Fruity Asian sauce 1,i ☐ Rice ☐ Fruit yoghurt g ☐	Pork meatloaf a,c,i,j ☐ Gravy ☐ Mashed potatoes 2,3,6,g ☐ Peas ☐ Pear ☐	(V) Potato tortilla c,g, ☐ Pepper sauce ☐ Apple sauce 3 ☐	Marble cake 1,5,6,a,c ☐
Sun	Beef "Stroganoff" g,j ☐ Spätzle (egg pasta) a,c ☐ Mixed vegetables ☐ Fruit yoghurt g ☐	(S) Cabbage roulade a,c,j ☐ Bacon sauce 2.3 ☐ Salted boiled potatoes ☐ Kiwi fruit ☐	Vegetable strudel a,c,g,i ☐ Spinach sauce a,g,i ☐ Apple sauce 3 ☐	Lemon biscuits a,c,g ☐

Enjoy your meal

1 = contains food colouring, 2 = contains preservatives, 3 = contains anti-oxidant, 6 = contains phosphate, 9 = contains sulphur, a = contains gluten, c = contains egg and egg products, d = contains fish, f = contains soya (non-GM), g = contains milks and dairy products including lactose, h = contains shellfish, i = contains celery, j = contains mustard, l = contains sulphur dioxide / sulphites