Lunch menu selection from 11.03.2024 to 17.03.2024
Ward:
Room:

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

## 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, I = contains sulphur dioxide / sulphites

