| Lunch menu selection from 11.03.2024 to 17.03.2024 |  |  |  | War     | ˈd: | 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 Mustard j Mashed potatoes 2,3,6,9 Leeks in a cream sauce Apple | a,c,i,j |     | 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<br>Fusilli a<br>cauliflower<br>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 ;<br>Gravy<br>Rosemary potatoes<br>Braised beans<br>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<br>Spaghetti a<br>Parmesan 2,c,g<br>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 2,3,6,9 Peas Pear                          |         |     | (V) Potato tortilla c,g, □ Pepper sauce □ Apple sauce 3 □   | Marble cake 1,5,6,a,c □         |  |  |
| Sun  | Beef "Stroganoff" g,j<br>Spätzle (egg pasta) a,c<br>Mixed vegetables<br>Fruit yoghurt g                |  | (S) Cabbage roulade Bacon sauce 2.3 Salted boiled potatoes Kiwi fruit                  | a,c,j   |     | 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