

WEEKDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit and bread(DE) and cheese	Fruit and bread(DE) and cheese	Fruit and bread(DE) and cheese	Fruit and bread(DE) and cheese	Fruit and bread(DE) and cheese
LUNCH	Falafel with fresh marinara sauce, salad buffet and whole wheat pasta	Grilled chicken breast with spring vegetables and brown rice <u>Vegetarian:</u> Grilled tofu with spring vegetables and brown rice	Light beef curry with Asian vegetables and rice noodles + Vegetable sticks	Chickpea patty with yogurt herb sauce, green beans and potatoes with onions + Vegetable sticks	Baked salmon with lemon sauce, zucchini and couscous <u>Vegetarian:</u> Baked quorn with lemon sauce, zucchini and couscous
MEAT/FISH ORIGIN		CH	CH		MSC
Reception Snack	Whole grain biscuits	Rice crackers	Vegetable sticks and bread	Fruit Yoghurt	Bread and cheese
AFTERNOON SNACK	Bread and fruits	Crackers and vegetable sticks	Fruit Yoghurt	Bread and vegetable sticks	Bread and fruits