Lunch menu selection from 05.02.10.2024 to 11.02.2024 Ward:
Room:

|  | Lindenburg Menu |  | Sülz Menu |  |  | Grüngürtel Menu |  |  | Pastries |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mon | Beef goulash Fusilli <br> Baby carrots <br> Fruit yoghurt |  |   <br> (S) Meatloaf $2,3,6$ <br> Mustard j  <br> Mashed potatoes  <br> 2,3,6,9  <br> Mixed vegetables  <br> Tangerine  |  | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Wholegrain veggie burger <br> Red Thai sauce <br> Jasmine rice <br> Apple sauce |  |  | Butter biscuit | 6,a,c, 9 | $\square$ |
| Tue | Chicken and vegetable couscous a,i Tomato and basil sauce Fruit yoghurt g | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | (S) Pan-fried meatballs Mashed potatoes $\quad 2,3,6,9$ Leeks in a cream sauce Kiwi fruit | $\begin{aligned} & \mathrm{a}, \mathrm{c}, \mathrm{i}, \mathrm{j} \\ & \mathrm{~g} \end{aligned}$ |  | Penne a  <br> Mediterranean sauce  <br> Grated cheese 9 <br> Apple sauce 3 |  |  | Lemon cake | 6,a,c | $\square$ |
| Wed | Chicken breast <br> Mushroom cream sauce <br> Spätzle (egg pasta) a,c <br> Mixed vegetables <br> Fruit yoghurt | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Roast pork <br> Rosemary sauce Salted boiled potatoes Mixed vegetables Apple |  | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | (V) Potato tortilla <br> Rich tomato sauce Apple sauce |  | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | Cream biscuit | a,c,g, ${ }^{\text {b }}$ | $\square$ |
| Thu | Asian stir fry with turkey <br> Fruity Asian sauce $1, i$ <br> Rice <br> Fruit yoghurt <br> g | $\square$ | Chicken Cordon Bleu Gravy <br> Salted boiled potatoes <br> Peas <br> Banana |  | $\square$ | Spinach and feta omelette 6,a,c,s <br> Chive sauce $\quad 9$  <br> Salted boiled potatoes  <br> Apple sauce $\quad 3$  |  | $\square$ | Cherry biscuits | a | $\square$ |
| Fri | Fillet of hoki fish "Meuniere" 6,a,g,d  <br> Lemon sauce   <br> Salted boiled potatoes   <br> Baby carrots $\quad$ i   <br> Fruit yoghurt $\quad g$   | $\begin{aligned} & \square \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Carrot stew i Mini poultry meatballs (4) Brown bread a Tangerine | ${ }^{\text {a, , , ,j }}$ | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | (V) Cauliflower burger <br> Hollandaise sauce a,c,, , <br> Parsley boiled potatoes |  | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | Shortbread biscuits | ${ }_{1,6,5, a, 6}$ | $\square$ |
| Sat | Chicken breast  <br> Tomato sauce 8, <br> Spinach gnocchi  <br> Grilled tomato , 9 <br> Fruit yoghurt ${ }^{2}$ <br>   | $\begin{aligned} & \square \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Pork meatloaf $\quad$ a,c,i,j Cream sauce $\quad \mathrm{g}$ Salted boiled potatoes Mixed vegetables Kiwi fruit |  | $\begin{aligned} & \square \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Tagliatelle <br> Gorgonzola and spinach sauce <br> Apple sauce | 9, | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | Marble cake ${ }_{\text {1,5,6,a,c }}$ |  | $\square$ |
| Sun |   <br> (S) Beef roulade $2,3,5,1 \mathrm{j}$ <br> Gravy  <br> Mini potato dumplings  <br> Red cabbage 3,5 <br> Fruit yoghurt g | $\square$ $\square$ $\square$ $\square$ $\square$ | Maccaroni casserole 2,3,a,g,i, Tomato and basil sauce Pear |  | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | Veg. Maultaschen (Swabian ravioli) Vegetable stock for Maultaschen (Swabian ravioli) <br> Apple sauce $3$ |  |  | Lemon biscuits | a,c,9 | $\square$ |

## Enjoy your meal

$1=$ contains food colouring, $2=$ contains preservatives, $3=$ contains anti-oxidant, $5=$ contains sweetener, $6=$ contains phosphate, $8=$ blackened, $a=$ contains gluten, $\mathrm{c}=$ 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

