Lunch menu selection from 19.02.2024 to 25.02.2024
Ward:
Room:

|  | Lindenburg Menu |  |  | Sülz Menu |  | Grüngürtel Menu |  | Pastries |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mon | Chicken breast piccata <br> Tomato sauce <br> Penne <br> Mixed courgettes <br> Fruit yoghurt <br> g | a,g |  | (B) Chili con Carne <br> Rice tangerine | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | (V) Bami goreng noodles a,f, <br> Sweet-and-sour sauce 1,j <br> Apple sauce $\quad 3$  |  | Butter cookie 6,a,c,g | $\square$ |
| Tue | Stir fry with turkey $\mathrm{f}, \mathrm{i}$ <br> Mie noodles $\mathrm{a}, \mathrm{c}$ <br> Fruit yoghurt g |  | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | ```(B) Rhenish beef "Sauerbraten" roast j Beef gravy 9,I Mini potato dumplings Red cabbage 3,5,i Kiwi fruit``` | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | (V) Ricotta and spinach cannelloni Tomato and basil sauce Grated cheese <br> g <br> Apple sauce <br> 3 | $\mathrm{a}, \mathrm{c}, \mathrm{g}$ $\square$ <br>  $\square$ <br>  $\square$ <br>  $\square$ | Lemon cake 6,a,c | $\square$ |
| Wed | (P) Cured pork roast <br> Gravy <br> Mini potato dumplings <br> Sauerkraut cabbage <br> Fruit yoghurt | 2,3 | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Poultry fritter $6, \mathrm{a}, \mathrm{c}, \mathrm{i}, \mathrm{j}$ <br> Pepper sauce  <br> Herbed rice  <br> Peas  <br> Apple  | $\square$ $\square$ $\square$ $\square$ $\square$ | Roast potatoes <br> Hollandaise sauce a,c,9 <br> Vegetable stir-fry <br> Apple sauce |  | Cream biscuit a,c,g, h | $\square$ |
| Thu | Turkey steak <br> Suprême sauce 3,g,i <br> Potato gratin dauphinois <br> Mixed vegetables <br> Fruit yoghurt <br> g | 9 | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Carrot stew <br> (P) Bockwurst sausage <br> Brown bread <br> Banana | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Spicy falafels <br> Tomato sauce <br> Chickpea and vegetable stew i <br> Apple sauce |  | Cherry biscuits a, | $\square$ |
| Fri | Fillet of hoki fish "Meuniere" <br> Mustard sauce j <br> Salted boiled potatoes <br> Broccoli <br> Fruit yoghurt | 6,a,g,d | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Asian stir-fry with beef Pineapple sauce Coconut basmati rice Tangerine | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | (V) Cauliflower casserole $\quad$ c,g,i Bearnaise sauce $\quad$ a,c,g,i Apple sauce $\quad 3$ |  | Shortbread biscuits 1,a,c,g | $\square$ |
| Sat | Chicken curry Mixed vegetable rice Fruit yoghurt | i | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | Lentil stew <br> (P) Bockwurst sausage <br> Brown bread <br> a <br> Kiwi fruit | $\square$ $\square$ $\square$ $\square$ | Penne a <br> Mediterranean sauce <br> Grated cheese <br> Apple sauce |  | Marble cake 1,5,6.a, | $\square$ |
| Sun | Beef "Stroganoff" <br> Spätzle (egg pasta) a,c <br> Mixed vegetables <br> Fruit yoghurt |  | $\begin{aligned} & \square \\ & \square \\ & \square \\ & \square \end{aligned}$ | Ratatouille vegetables <br> Fusilli a <br> Pear | $\begin{aligned} & \square \\ & \square \\ & \square \end{aligned}$ | (V) Cauliflower burger Hollandaise sauce a,c,, Parsley boiled potatoes Apple sauce |  | Lemon biscuits a,c,g | $\square$ |

## Enjoy your meal

$1=$ contains food colouring, $2=$ contains preservatives, $3=$ contains anti-oxidant, $5=$ contains sweetener, $6=$ contains phosphate, $9=$ contains sulphur, $a=$ contains gluten, $\mathrm{c}=$ contains egg and egg products, $\mathrm{d}=$ contains fish, $\mathrm{f}=$ contains soya (non-GM), $\mathrm{g}=$ contains milks and dairy products including lactose, $\mathrm{h}=$ contains shellfish, $\mathrm{i}=$ contains celery, $\mathrm{j}=$ contains mustard, $\mathrm{k}=$ contains sesame, $\mathrm{l}=$ contains sulphur dioxide $/$ sulphites

