

Menu March Primary

=Pork =Milk =Chicken =Fish =Beef =Vegetarian

Egg = 1
Gluten = 2
Lupin = 3
Milk(lactose) = 4
Mustard = 5
Nuts = 6
Peanuts = 7

Crustaceans = 8
Celery = 9
Sesame = 10
Soya = 11
Fish = 12
Molluscs = 13
Sulphites = 14



Always inform the chef if you have a (severe) allergy

The vegetables in the menu may vary due to rising prices. (Except for celery because of the allergens)

Monday 06-03

Bulgur with bell pepper, eggplant, zucchini, chick peas, feta cheese and garlic.
Contains: 2, 4, 14

Tuesday 07-03

Pasta Bolognese with minced meat, tomato, celery, bell pepper, carrot, onion, zucchini and parmesan cheese.
Contains: 2, 3, 4, 9, 14

Wednesday 08-03

Thursday 09-03

Pork filet with mushroom sauce, rice, bell pepper, onion, carrot and string beans.
Contains: 3, 4, 14 (May contains: 2)

Friday 10-03

Chicken leg with potato gratin, cheese, cauliflower and corn.
Contains: 1, 3, 4, 14 (May contains: 2)

Monday 13-03

Nasi with chicken, leek, onion, white cabbage, peas, bean sprouts, coriander, curcuma, cumin, ginger and garlic. Served with prawn crackers and fried onions.
Contains: 8, 12 (May contains: 14)

Tuesday 14-03

Pasta carbonara with bacon, onion, garlic, parsley and parmesan cheese. Served with a salad of lettuce, tomato, carrot and cucumber.
Contains: 1, 2, 3, 4, 14

Wednesday 15-03

Thursday 16-0

Wraps with minced meat, bell pepper, onion, tomato, corn, garlic and salad.
Contains: 2, 14 (May contains: 1, 3)

Friday 17-03 ~ **St. Patrick's Day** ~

Colcannon with sausages. Potato with kale, onion, spring onion, milk, butter and a sausage.
Contains: 2, 4, 14

**(we always make sure that there is a replacement for beef, pork or fish and a vegetarian option)
(changes to the menu can occur)**

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Monday 20-03

Meatball in tomato sauce, rice , green beans, onion and garlic.
Contains: 2, 14 (May contains: 3)

Tuesday 21-03

Polenta with chicken, feta cheese, bell pepper, onion, garlic, cauliflower, zucchini and carrot.
Contains: 4 (May contains: 2, 14)

Wednesday 22-03

Thursday 23-03

Pasta with salmon, spinach, onion, leek, garlic and cream.
Contains: 2, 3, 4, 12, 14

Friday 24-03

Shepherd's pie. Minced meat with mashed potato, leek, bell pepper, onion, carrot, black olives and garlic.
Contains: 1, 4, 14, (may contains: 3)

Monday 27-03

Codfish with rosti potato, carrot and peas.
Contains: 3, 12, 14 (May contains: 2, 4)

Tuesday 28-03

Ricotta tortellini with sage, parmesan, basil and a salad.
Contains: 2, 3, 4, 14 (May contains: 1)

Wednesday 29-03

Thursday 30-03

Casserole with potato, minced meat, leek, cauliflower, onion, zucchini and cheese.
Contains: 4 (May contains: 2, 14)

Friday 31-03

Chicken curry with yellow rice, red lentils, onion, bell pepper, carrot, leek, ginger, curcuma, coriander, garlic and coconut milk.
(May contains: 14)

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