

## Menu June 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



**An average meal we serve is about 200 grams.**

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

### Monday 31-05

Nasi with chicken, leek, onion, white cabbage, peas, bean sprouts, coriander, curcuma, cumin, ginger and garlic. Served with prawn crackers and fried onions.

*Average amount of calories per meal: 172 kcal*

*Contains 8, 12 (May contains: 14)*

### Tuesday 01-06

Shepherd's pie. Minced meat with mashed potato, leek, bell pepper, onion, carrot, black olives and garlic.

*Average amount of calories per meal: 188 kcal*

*Contains: 1, 4, 14, (may contains: 3)*

### Wednesday 02-06

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### Thursday 03-06 **\*\*Italian day\*\***

Salsiccia & friarielli: Pasta with sausages, turnip greens, broccoli, parmesan cheese and garlic.

*Average amount of calories per meal: 303 kcal*

*Contains: 2, 3, 4, 14*

### Friday 04-06

Fish and chips. Fried codfish with potato croquettes served with a salad of lettuce, tomato, cucumber, carrot and red cabbage. Served with a homemade ravigotte sauce.

*Average amount of calories per meal: 471 kcal*

*Contains: 2, 3, 4, 12, 14 (May contains: 1, 5, 6, 7)*

### Monday 07-06 **\*\*Swedish day\*\***

Kottbullar: meatballs with mashed potato, peas, onion and blueberries.

*Average amount of calories per meal: 266 kcal*

*Contains: 1, 4, 14 (May contains: 2, 3)*

### Tuesday 08-06

Pasta carbonara with bacon, onion, garlic, parsley and parmesan cheese. Served with a salad of lettuce, tomato, carrot and cucumber.

*Average amount of calories per meal: 320 kcal*

*Contains: 1, 2, 3, 4, 14*

### Wednesday 09-06

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### Thursday 10-06 **\*\*Portugal day\*\***

Bacalhau com natas: saltie cot fish with onion, cream, potato, cauliflower and black olives.

*Average amount of calories per meal: 162 kcal*

*Contains: 4, 12, 14*

### Friday 11-06

Lasagne with minced meat, tomato, onion, carrot, leek, bell pepper, celery and garlic served with a mixed salad of lettuce, tomato, cucumber and carrot.

*Average amount of calories per meal: 146 kcal*

*Contains 2, 3, 9, (May contains: 14)*

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(changes to the menu can occur)**

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### Monday 14-06

Falafel with bulgur, cauliflower, lemon, mint, garlic, tahini, cucumber, parsley and red onion.

*Average amount of calories per meal: 331 kcal*

*Contains 2, 10, 14 (May contains: 3)*

### Tuesday 15-06

Baked pork tenderloin with a puree of potato and pumpkin and served with a Greek salad. ( lettuce, tomato, cucumber, red onion, black olives, parsley and feta cheese.

*Average amount of calories per meal: 279 kcal*

*Contains: 4, 14*

### Wednesday 16-06

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### Thursday 17-06

Potato gratin with chicken wings, cauliflower, corn and onion.

*Average amount of calories per meal: 222 kcal*

*Contains: 1, 4, 14 (May contains: 3 )*

### Friday 18-06

Pasta Bolognese with minced meat, tomato sauce, carrot, celery, basil, bell pepper, onion and garlic.

*Average amount of calories per meal: 244 kcal*

*Contains: 3, 9, 14*

### Monday 21-06

Chicken Curry with rice, broccoli, red lentils, onion, carrot, bell pepper, ginger, curcuma, garlic and coconut milk.

*Average amount of calories per meal: 384 kcal*

*(May contains: 14)*

### Tuesday 22-06

Pasta puttanesca. Pasta with tomato sauce, black olives, anchovy, capers, onion and garlic.

*Average amount of calories per meal: 211 kcal*

*Contains: 2, 3, 12, 14*

### Wednesday 23-06

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### Thursday 24-06

Slovenia day: Frika and salad: Egg tortilla with cheese, potato, onion, spring onion and bacon.

*Average amount of calories per meal: 195 kcal*

*Contains: 1, 4, 18*

### Friday 25-06

Croatia day: Borek and salad. Spinach and feta cheese pie made of filo pastry. Served with a salad of lettuce, tomato, cucumber and carrot.

*Average amount of calories per meal: 121 kcal*

*Contains: 2, 3, 4*

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## Menu June / July Primary

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### Monday 28-06

Polenta with chicken, feta cheese, bell pepper and onion served with a salad of lettuce, tomato, cucumber, carrot and spring onion.

*Average amount of calories per meal: 335 kcal*

Contains 4, (May contains: 2, 3, 14)

### Tuesday 29-06

Taco's with minced meat, corn, onion, bell pepper and kidney beans. Served with a salsa of tomato, onion, basil, lemon and garlic.

*Average amount of calories per meal: 337 kcal*

Contains 2, 14 (May contains: 1, 3, 5)

### Wednesday 30-06

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### Thursday 01-07

Baked Salmon with boiled potatoes, white cabbage and carrots. Served with a sauce of crème fraiche and dill.

*Average amount of calories per meal: 525 kcal*

Contains 4, 12, 14

### Friday 02-07

Pasta salsiccia & aubergine. Pasta with sausages, eggplant, tomato sauce, bell pepper, onion, basil and garlic.

*Average amount of calories per meal: 223 kcal*

Contains: 2, 3, 14, (may contains: 5)

### Monday 05-07

Baked pork tenderloin, rice with green peas and spinach with tomato puree and chick peas.

*Average amount of calories per meal: 360 kcal*

Contains: 14

### Tuesday 06-07

Emapanada gallega: puff pastry, tuna, tomato, leek, bell pepper, black olives and onion.

*Average amount of calories per meal: 257 kcal*

Contains: 2, 3, 12, 14 (may contains: 1, 4)

### Wednesday 07-07

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### Thursday 08-07

Pasta with pesto, broccoli, mushrooms, leek, spring onion and parmesan cheese.

*Average amount of calories per meal: 377 kcal*

Contains 2, 3, 4, (May contains: 14)

### Friday 09-07

Chicken schnitzel with mashed potato served with a salad of lettuce, cucumber, red cabbage, tomato and carrot.

*Average amount of calories per meal: 426 kcal*

Contains: 2, 3, 4, 14 (May contains: 1)

### Monday 12-07

Pasta with salmon, spinach, onion, leek and garlic.

*Average amount of calories per meal: 511 kcal*

Contains 2, 3, 4, 12 (May contains: 14)

### Tuesday 13-07

Chefs choice

### Wednesday 14-07

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### Thursday 15-07

Kids choice

### Friday 16-07 No lunch school day ends at 12:30

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

