



Dishes containing:

- GLUTEN
- EGGS
- CELERY

- DAIRY PRODUCTS
- COW PROTEINS
- SULPHITE

- VEGETABLES
- FISH
- NUTS

May 2019

Vegetarian Menu



MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		HOLIDAY	RICE WITH HOMEMADE TOMATO SAUCE CHEESE OMELETTE 1 2 3 SEASONED TOMATO DAIRY DESSERT	CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) VEGAN BURGUERS 4 5 6 7 8 ROASTED CARROT WITH CUMIN BALSAMIC FRESH FRUIT
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
RICE SALAD (DICED TOMATO, GREEN OLIVES AND PINEAPPLE) LEGUME BALLS WITH ONION AND CARROT SAUCE 11 9 10 GARDEN VEGETABLES FRESH FRUIT	BAKED BEANS WITH VEGETABLES(BEANS,CARROTS ANS RED PEPPER) 12 PUFF PASTRY WITH COURGETTE AND CHEESE 13 14 15 16 GRILLED COURGETTES FRESH FRUIT	MACARONI NAPOLITANA (homemade tomato sauce) 17 18 19 20 PLAIN OMELETTE 21 BAKED POTATOES FRESH FRUIT	CARROT SOUP (POTATOES AND ONION) STEW SEITAN MUSHROOM SAUTEED FRESH FRUIT	BOILED POTATOES WITH GREEN BEANS FALAFEL WITH SALAD AND YOGHURT SAUCE 22 23 24 25 26 SEASON SALAD DAIRY DESSERT
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
FRIED RICE (OMELETTE, CORN, CARROTS) 27 28 VEGAN BURGUERS 29 30 31 32 33 LETTUCE, TOMATO AND CORN FRESH FRUIT	RUSSIAN SALAD PLAIN OMELETTE 35 36 34 37 LETTUCE SALAD, CARROTS AND TOMATO DAIRY DESSERT	SPIRALS NAPOLITANA (homemade tomato sauce) 38 39 40 41 SPINACHS CROQUETTES 42 43 44 45 STEAM BROCCOLI FRESH FRUIT	LEEK, POTATO AND CARROT SOUP VEGAN SAUSAGES 46 47 BOILED POTATOES 48 FRESH FRUIT	CUBAN RICE WITH BOILED EGG STEW TOFU 49 COUS COUS FRESH FRUIT
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
BOILED SPINACHS WITH POTATOES LEGUME BALLS WITH ONION AND CARROT SAUCE 52 50 51 BOILED CARROTS FRESH FRUIT	VEGETABLE SOUP WITH PASTA COUSCOUS WITH VEGETABLES 53 54 55 56 57 58 SEASONED TOMATO FRESH FRUIT	LENTIL AND VEGETABLE STEW (sauteed onions,garlic,red pepper and tomato) CHEESE FRIED BALLS 59 60 61 62 63 MASHED POTATOES DAIRY DESSERT	RICE WITH HOMEMADE TOMATO SAUCE PLAIN OMELETTE 64 SAUTEED PEAS FRESH FRUIT	SPAGHETTI NAPOLITANA (homemade tomato sauce) 65 66 67 68 VEGAN SAUSAGES 69 MUSHROOM SAUTEED FRESH FRUIT
WEDNESDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
CREAM OF VEGETABLE SOUP (POTATOES, GREEN BEANS, COURGETTE, CARROT AND ONION) SPINACHS CROQUETTES 78 79 80 COUS COUS FRESH FRUIT	FRIED RICE WITH GREEN BEANS BAKED AUBERGINES AND TOMATO 77 GRILLED COURGETTES DAIRY DESSERT	SPIRALS NAPOLITANA (homemade tomato sauce) 70 71 72 73 LEGUME BALLS WITH ONION AND CARROT SAUCE 76 74 75 GARDEN VEGETABLES FRESH FRUIT	LENTIL AND VEGETABLE STEW (sauteed onions,garlic,red pepper and tomato) 81 OMELETTE 82 83 84 85 86 DICED POTATOES FRESH FRUIT	VEGETABLE PASTA VEGAN BURGUERS 87 88 89 CAMELIZED ONION FRESH FRUIT 90

Dinners Recommendation

MONDAY 29	TUESDAY 30	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31

Special Dietary Needs

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| <ul style="list-style-type: none"> 1. Vegetarian omelette 2. Plain omelette 3. Plain omelette 4. Vegetable sausage 5. Vegetable sausage 6. Vegetable sausage 7. Vegetable sausage 8. Vegetable sausage 9. Vegetable omelette 10. Vegetable omelette 11. Vegetable omelette 12. Boiled mixed vegetables 13. Gluten-free bread 14. Without egg 15. Without cheese 16. Without cheese 17. Gluten-free macarronis | <ul style="list-style-type: none"> 18. Egg-free pasta and without cheese 19. Without cheese 20. Without cheese 21. Vegetarian omelette 22. Without pita bread 23. Without yoghurt 24. Without yoghurt 25. Grilled chicken 26. Grilled chicken 27. Eggless 28. Without peas and turkey 29. Vegetable sausage 30. Vegetable sausage 31. Vegetable sausage 32. Vegetable sausage 33. Vegetable sausage 34. Without egg and mayonnaise | <ul style="list-style-type: none"> 35. Without tuna 36. Without mayonnaise and peas 37. Vegetarian omelette 38. Gluten free pasta 39. Egg free pasta 40. Without cheese 41. Without cheese 42. Gluten free chicken croquettes 43. Egg free breaded fish 44. Breaded fish 45. Breaded fish 46. Without dairy products 47. Without dairy products 48. Vegetable burger 49. Rice with tomato sauce 50. Vegetable omelette 51. Vegetable omelette | <ul style="list-style-type: none"> 52. Vegetable omelette 53. Gluten free pasta 54. Egg free pasta 55. Without celery 56. Gluten free 57. Napolitana macaroni 58. Napolitana macaroni 59. green bean with potatoes 60. Gluten free chicken croquettes 61. Egg free breaded fish 62. Breaded fish 63. Breaded fish 64. Vegetarian omelette 65. Gluten free pasta 66. Egg free pasta 67. Without cheese 68. Without cheese | <ul style="list-style-type: none"> 69. Vegetable burger 70. Gluten free pasta 71. Egg free pasta 72. Without cheese 73. Without cheese 74. Vegetable omelette 75. Vegetable omelette 76. Vegetable omelette 77. Without sausages 78. Gluten-free croquettes 79. Breaded chicken 80. Breaded chicken 81. green bean with potatoes 82. Vegetable sausage 83. Vegetable sausage 84. Vegetable sausage 85. Vegetable sausage | <ul style="list-style-type: none"> 86. Vegetable sausage 87. Gluten-free pasta 88. Egg-free pasta 89. Cooked without wine 90. Vegetarian omelette |
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