



St. Martini Küche
Kochlöffel

LUNCH MENU: WEEK 1

All meals will be served with a mixed plate of seasonal fruit and raw vegetables

MONDAY: Free-range BBQ Chicken strips served with rice, sauce and steamed carrots

TUESDAY: Pasta with tomato sauce and grated cheese

Tomato sauce is made from various roasted and blended vegetables

WEDNESDAY: German Bratwurst served with pan-fried potatoes and green vegetables

THURSDAY: Pie Day

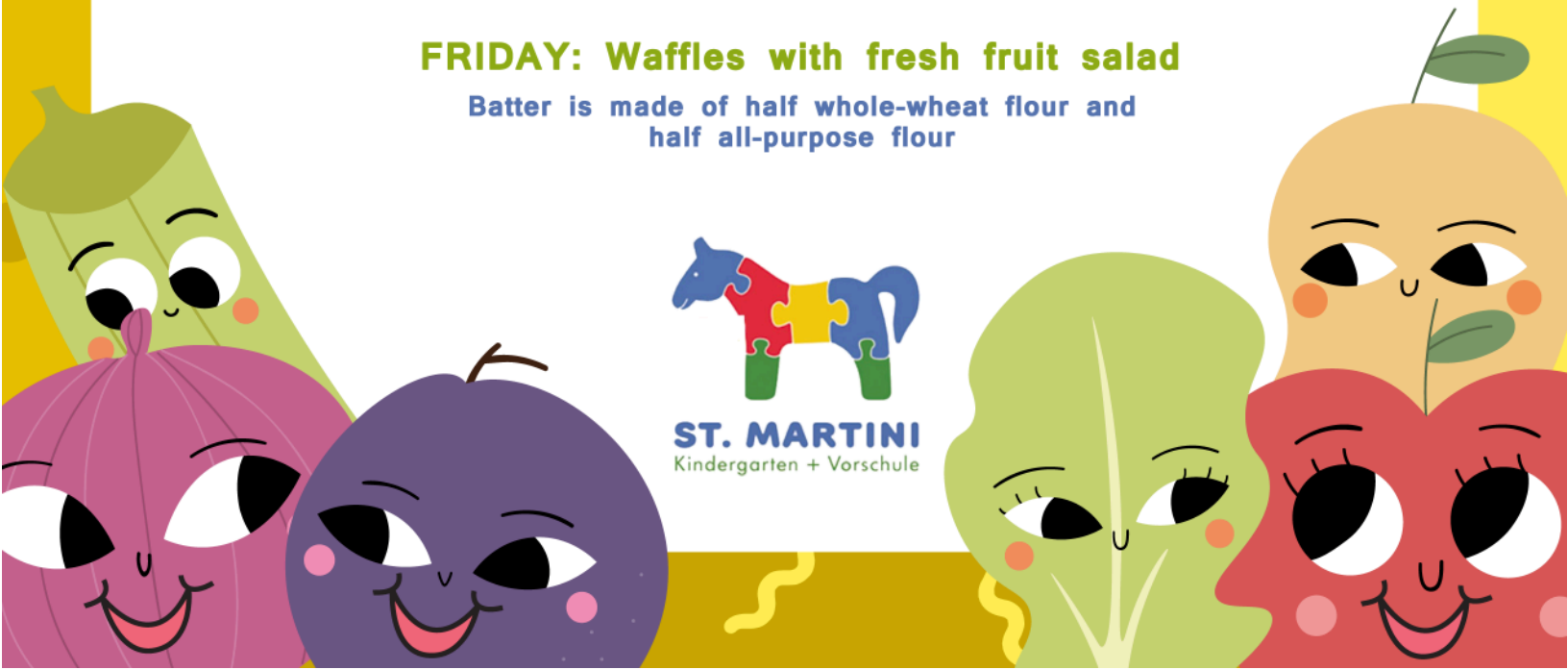
Puff Pastry with fillings varying from chicken, beef mince, cheese etc.

FRIDAY: Waffles with fresh fruit salad

Batter is made of half whole-wheat flour and half all-purpose flour



ST. MARTINI
Kindergarten + Vorschule





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LUNCH MENU: WEEK 2

All meals will be served with a mixed plate of seasonal fruit and raw vegetables

MONDAY: Free-range Chicken Quesadilla served with corn

Tortillas are made from a mix of whole-wheat and all-purpose

TUESDAY: Mac&Cheese and steamed broccoli

The macaroni will be whole wheat

WEDNESDAY: Beef stew served with mash potatoes and corn

THURSDAY: Fishfingers

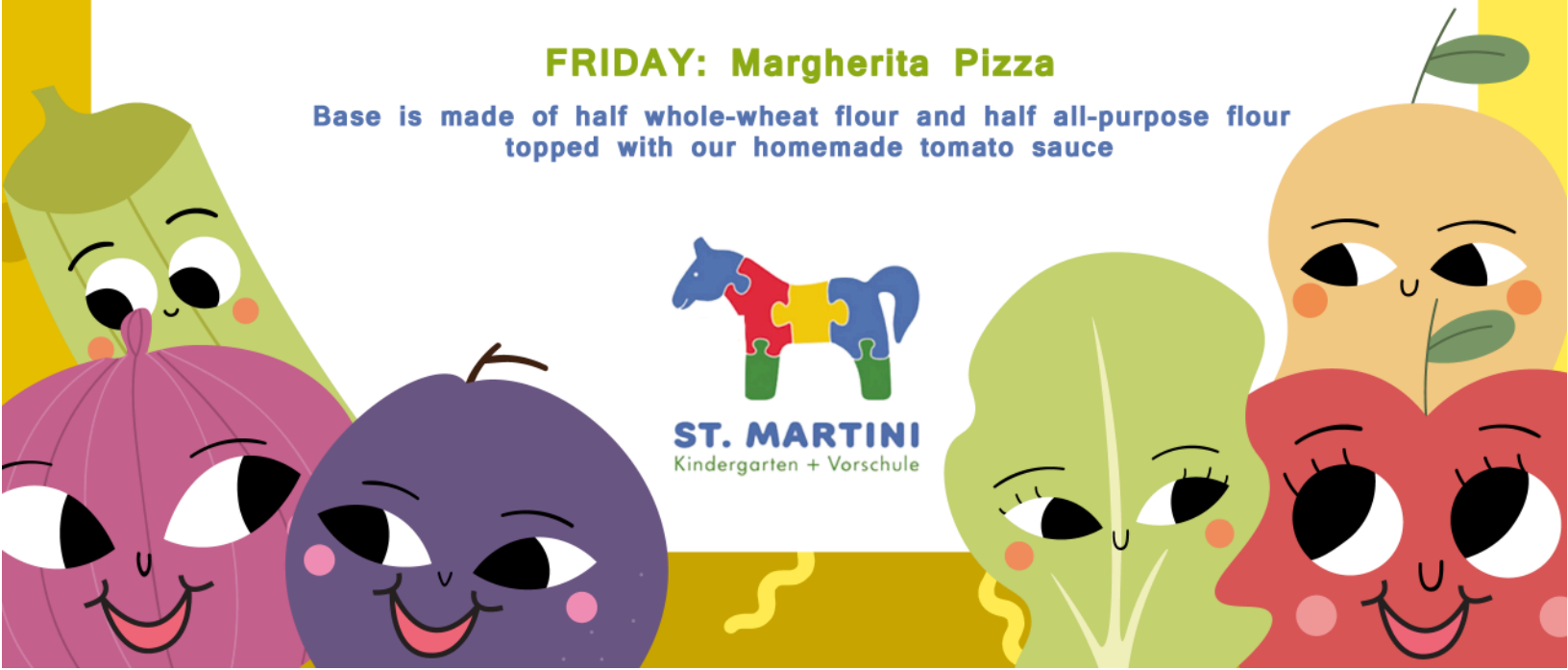
Fishfingers are made of fresh hake fillets coated with breadcrumbs served with rice and broccoli

FRIDAY: Margherita Pizza

Base is made of half whole-wheat flour and half all-purpose flour topped with our homemade tomato sauce



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LUNCH MENU: WEEK 3

All meals will be served with a mixed plate of seasonal fruit and raw vegetables

MONDAY: Free-range chicken schnitzel
served with rice & homemade tomato sauce

TUESDAY: Free-range Beef Lasagne
The tomato sauce is made from various roasted and blended vegetables
+ free-range beef mince

WEDNESDAY: Meat Loaf with mashed potatoes

THURSDAY: Fishburger
Fresh fish fillets coated with breadcrumbs served with a
roll freshly made with whole wheat flour

**FRIDAY: Sugar-free Banana Flapjacks served with
homemade apple and berry sauce**
Batter is made of half whole-wheat flour and
half all-purpose flour



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