



St. Martini Küche  
Kochlöffel

## LUNCH MENU: WEEK 1

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

**MONDAY: Free-range BBQ Chicken strips**  
served with rice & sauce

**TUESDAY: Pasta with tomato sauce and grated cheese**  
Tomato sauce is made from various roasted and blended vegetables

**WEDNESDAY: German Bratwurst served with**  
chips and green vegetables

**THURSDAY: Pie Day**  
Puff Pastry with fillings varying from Chicken, beef mince, cheese etc

**FRIDAY: Pizza Margarita**  
Base is made of half whole-wheat flour and  
half all-purpose flour



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## LUNCH MENU: WEEK 2

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

### **MONDAY: Free-range Chicken Quesadilla served with corn**

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

### **TUESDAY: Macaroni Carbonara**

The macaroni are whole-wheat

### **WEDNESDAY: Beef stew served with mashed potato and corn**

### **THURSDAY: Fishfingers with rice & green veg**

Fishfingers are made of fresh hake fillets coated with breadcrumbs

### **FRIDAY: Hot Dog**

Fresh beef sausage hugged by a homemade whole wheat roll



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## LUNCH MENU: WEEK 3

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

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

**TUESDAY: Pasta Bolognese with grated cheese**

**WEDNESDAY: Fried fish fillets with homemade rolls & peas**

Fresh hake fillets coated with breadcrumbs, rolls are made from mix of whole-wheat & all purpose flour

**THURSDAY: Meat Loaf (Veal) with mashed potato**

**FRIDAY: Sugar-free banana flapjacks served with homemade apple sauce**

Batter is made with from mix of whole-wheat & all purpose flour



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