



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



ST. MARTINI
Kindergarten + Vorschule





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LUNCH MENU: WEEK 2

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

MONDAY: Homemade Roti served with curry (chicken or mice)

Roti's are made of half whole-wheat flour and half 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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