



MENU FEBRUARY 2023



	Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Estonia	1				2 ● Brocoli soup	3 ● Vegetables soup
	Fist Course				● Beef carbonade, baked fennels, french fries	● Rosolje (herring, potatoes, beetroot)
	Main Dish				○ Veggy fillet	○ Feta's cubes
	Vegetarian option				○ Fruits	○ ● Chocolate pudding
	Dessert					
	2	6 ● Peas soup	7 ● Turnip soup		9 ● Tomato soup	10 ● Pumpkin soup
	Fist Course	● Penne tomato sauce and lentils	● Beef burger, baked potatoes, carrots salad		● Wheat, turkey cordon bleu, Brussels sprout	● Fish sticks, hummus-chickpea, eggplant
	Main Dish		● ● Veggy burger		○ Tofu	○ Lentils salad
	Vegetarian option				○ Fruits	○ Fruits
	Dessert	○ Rice pudding	○ Fruits			
 Lithuania	3	13 ● Chickpeas soup	14 ● Parsnip soup		16 ● Fried bread with garlic	17 ● Raw vegetables
	Fist Course	● Gnocchis tomato / mozzarella sauce	● Rice paella style (chicken and vegetables)		● Cepelinai (potatoe filled with minced pork meat) Betroot	● Crusty hake, rice, spinach
	Main Dish	○	○ Tofu meatballs		○ Seitan	○ Falafel
	Vegetarian option				○ Smoothie	○ Fruits
	Dessert	● ○ Vanilla pudding	○ Fruits			
 Holidays	4	20	21		23	24
	Fist Course					
	Main Dish					
	Vegetarian option					
	Dessert					
 Bulgaria	5	27 ● Soupe céleri	28 Zeleva chorba (soupe au chou)			
	Fist Course	● Pork sausage, quinoa, tomato-cocumber salad	● Banitsa (cheese quiche)			
	Main Dish	○ Quinoa salad	○ Butter beans			
	Vegetarian option					
	Dessert	○ Yoghurt	○ Fruits			

Allergènes : ● Gluten ● Crustacés ● Œufs ● Arachides ● Soja ○ Lait ● Fruits à coque ● Céleri ● Moutarde ● Graine de sésame ● Sulfites ● Lupin ● Mollusques