


MARCH 2024

					Friday 01 Mar
First course					Mushroom creamsoup
Main dish					Cantonese rice (egg-peas-soy)
Dessert					Fruit
	Monday 04 Mar	Tuesday 05 Mar		Thursday 07 Mar	Friday 08 Mar
First course	Parsnip soup ●	Grated carrot and celeriac salad ●		Leek soup ●	tomato soup ●
Main dish	Couscous, semolina, chipolata ● ●	Beef stews, fries ● ●		Vegetarian lasagna (zucchini, eggplant, carrot, mozzarella) ● ● ●	Fillet of saithe in florentine style (spinach), puree ● ● ● ● ●
Vegetarian option	Couscous, semolina, quorn sausage ● ● ● ●	Omelette with mushrooms and cheese ● ●			Cauliflower and broccoli croquette, spinach, puree ● ●
Dessert	Fruit	Vanilla pudding ● ● ●		Yogurt ●	Fruit
	Monday 11 Mar	Tuesday 12 Mar		Thursday 14 Mar	Friday 15 Mar
First course	Cauliflower cream soup ● ●	Minestrone ●		Cherry tomatoes	Celery soup ●
Main dish	Chicken fillet, mild curry sauce, soy and carrots, rice ● ● ● ●	Parmentier minced ● ●		Salmon burger, tartar sauce, broccoli, Ebly ● ● ● ● ●	Pork escalope, tomato sauce, pasta, peas ● ● ●
Vegetarian option	Vegetarian nuggets, mild curry sauce, soy and carrots, rice ● ● ● ● ● ●	Parmentier with lentils ●		Feta, tartar sauce, broccoli, Ebly ● ● ● ●	Quorn cutlet, tomato sauce, pasta, peas ● ● ● ● ●
Dessert	Yogurt with fruit ●	Fruit		Rice pudding ● ● ●	Fruit
	Monday 18 Mar	Tuesday 19 Mar		Thursday 21 Mar	Friday 22 Mar
First course	Spinash creamsoup ● ●	Tomato soup ●		Parmentier soup (potato) ●	Pea soup ●
Main dish	Beef hamburger, princess beans, potatoes ● ● ● ●	Pasta gratin with mozzarella, tomato, olives, peppers ● ● ●		Vol au vent, rice ● ●	Gratinated hake fillet, carrot stoemp ● ● ● ● ● ●
Vegetarian option	Vegetarian burger, princess beans, potatoes ● ● ● ● ● ●			Quorn vol au vent, rice ● ● ●	White beans in tomato sauce, carrot stoemp ●
Dessert	Fruit	Chocolate pudding ● ● ●		Fruit	Yogurt ●
	Monday 25 Mar	Tuesday 26 Mar		<div> <div>● Milk</div> <div>● Eggs</div> <div>● Mustard</div> <div>● Nuts</div> <div>● Shellfish</div> <div>● Celery</div> <div>● Sesame seeds</div> <div>● Sulphites</div> <div>● Lupine</div> <div>● Soy</div> <div>● Mollusks</div> <div>● Fish</div> <div>● Peanuts</div> <div>● Gluten</div> </div>	
First course	Carrot and coriander soup ●	Cherry tomatoes			
Main dish	Chili sin carne, rice ●	Liège-style meatballs, potato croquettes ●			
Vegetarian option		Falafel, cucumber salad, tzatziki, bread ● ● ● ● ●			
Dessert	Fruit	Yogurt with fruit ●			