

Menu October Primary

=Pork =Milk =Chicken =Fish =Beef =Vegetarian

Egg = 1
Gluten = 2
Lupin = 3
Milk(lactose) = 4
Mustard = 5
Nuts = 6
Peanuts = 7

Crustaceans = 8
Celery = 9
Sesame = 10
Soya = 11
Fish = 12
Molluscs = 13
Sulphites = 14



**An average meal we serve is about 200 grams.
Always inform the chef if you have a (severe) allergy**

Monday 04-10

Couscous with ratatouille of tomato, eggplant, zucchini, onion, bell pepper and garlic.
Average amount of calories per meal: 106 kcal
(May contains: 14)

Tuesday 05-10 *National day of Cyprus*

Makaronia Tou Fournou. Casserole with pasta, minced meat, vegetables, bechamel sauce and halloumi cheese.
With a salad of black eyed peas.
Average amount of calories per meal: 276 kcal
Contains: 1, 2, 3, 4 (May contains: 14)

Wednesday 06-10

Thursday 07-10

Potato gratin with chicken wings, cauliflower, corn and onion.
Average amount of calories per meal: 222 kcal
Contains: 1, 4, 14 (May contains: 3)

Friday 08-10

Cod fish with mashed potato, snow peas, leek, peas and celeriac.
Average amount of calories per meal: 154 kcal
Contains: 3, 4, 9, 12, 14)

Monday 11-10

Pasta with pesto, broccoli, mushrooms, leek, spring onion and parmesan cheese.
Average amount of calories per meal: 216 kcal
Contains 2, 3, 4, (May contains: 14)

Tuesday 12-10 *National day of Spain*

Paella with seafood, rice, peas, bell pepper, onion, parsley and garlic.
Average amount of calories per meal: 152 kcal
Contains: 8, 12, 13, 14 (May contains: 3)

Wednesday 13-10

Thursday 14-10

Pita bread with Gyros, bell pepper, onion and garlic. Served with a greek salad with tomato, cucumber, red onion, black olives, feta cheese and parsley.
Average amount of calories per meal: 357 kcal
Contains: 2, 3, 4, 14

Friday 15-10

Shepherd's pie. Minced meat with mashed potato, leek, bell pepper, onion, carrot, black olives and garlic.
Average amount of calories per meal: 188 kcal
Contains: 1, 4, 14, (may contains traces of: 3)

*****Monday 18-10 / Friday 22-10 School break*****

**(we always make sure that there is a replacement for beef, pork or fish and a vegetarian option)
(changes to the menu can occur)**

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Monday 25-10

Pasta salsiccia & aubergine. Pasta with sausages, eggplant, tomato sauce, bell pepper, onion, basil and garlic.
Average amount of calories per meal: 223 kcal
Contains: 2, 3, 14, (may contains traces of: 5)

Tuesday 26-10

Chicken schnitzel with backed potato, onion, bell pepper and served with a salad of celeriac and apple.
Average amount of calories per meal: 176 kcal
Contains: 1, 2, 3, (may contains: 4, 10, 14)

Wednesday 27-10

Thursday 28-10

Chili con carne. Minced meat with rice, onion, kidney beans, tomato, tomato sauce, bell pepper and garlic. With a salad of lettuce, tomato, cucumber and carrot.
Average amount of calories per meal: 181 kcal
Contains: 14, (may contains traces of: 3)

Friday 29-10

Casserole with puff pastry, tuna, tomato, leek, bell pepper, black olives and onion.
Average amount of calories per meal: 192 kcal
Contains: 2, 3, 12, 14 (may contains traces of: 1, 4)

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(changes to the menu can occur)