

## Menu January 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 10-01 school closed \*\*teacher in-service day\*\***

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**Tuesday 11-01** 

Fried codfish with rösti potato, carrot and peas.

Contains: 2, 3, 12, 14

**Wednesday 12-01**

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**Thursday 13-01**  


Pasta pesto with broccoli, spinach, mushrooms, leek and parmesan cheese.

Contains: 2, 3, 4, 14 (May contains: 11)

**Friday 14-01** 

Chicken thigh fillet with pearl barley, eggplant, bell pepper, cauliflower, zucchini, onion and garlic.

Contains: 1 (May contains: 14)

**Monday 17-01** 

Codfish with rice, tomato sauce, peas, carrot, zucchini, snow peas, onion and garlic.

Contains: 12, 14

**Tuesday 18-01** 

Stir-fried rice with chicken, teriyaki, broccoli, bell pepper, leek, coriander, bean sprouts and garlic,

Contains: 11, 14

**Wednesday 19-01**

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**Thursday 20-01**  

Pasta alla Norma with tomato sauce, eggplant, basil and salty ricotta.

Contains: 3, 4, 14

**Friday 21-01**  

Hamburger with potato wedges and with a coleslaw.

Contains: 1, 2, 3, 4, 5, 9, 14

**(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 24-01

Beef and pork roulade with mashed potato and white beans in tomato sauce.  
Contains: 3, 4, 14 (May contains: 2)

### Tuesday 25-01

Jambalaya chicken with rice, chorizo, peas, onion, bell pepper and green beans.  
Contains: 14 (May contains: 3)

### Wednesday 26-01

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### Thursday 27-01

Couscous with falafel, cauliflower, carrot, bell pepper, mint, chickpeas and Greek yoghurt.  
Contains: 2, 14

### Friday 28-01

Pasta with a bisque cream sauce, king prawns, celery, spinach, broccoli, zucchini and parmesan cheese.  
Contains: 2, 3, 4, 8, 9, 13, 14 (May contains: 1)

### Monday 31-01

Sausage with potato croquettes served with a salad of lettuce, tomato, cucumber and carrot.  
Contains: 2, 3, 4, 14

### Tuesday 01-02

Pasta Bolognese with minced meat, tomato, celery, bell pepper, carrot, onion, zucchini and parmesan cheese.  
Contains: 2, 3, 4, 9, 14

### Wednesday 02-02

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### Thursday 03-02

Bulgur with bell pepper, eggplant, zucchini, chick peas, feta cheese and garlic.  
Contains: 2, 3, 4, 9, 14

### Friday 04-02

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

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