ACST

WEEKLY CAFETERIA MENU

Monday, November 9
Friday, November 13

MONDAY, NOVEMBER 09

STARTERS

Pre-K starters: *Vegetable sticks + Egg OR cheese*

Lentil soup – **Allergens: Milk**

Salad bar – Use this link for more details

Vol-au-vent – **Allergens: Wheat, eggs, milk**

MAIN COURSE

Cordon bleu – **Allergens: Wheat/gluten, milk, eggs**

Penne Carbonara – **Allergens: Wheat/gluten, milk**

Sautéed vegetables

DESSERT

Pre-K dessert: *Fresh fruit*

Fresh fruit

Fruit pie - **Allergens: Gluten, milk, eggs**

TUESDAY, NOVEMBER 10

STARTERS

Leek cream soup – **Allergens: Milk**

Salad bar – Use this link for more details

Tunisian soufflé– **Allergens: Gluten, milk, eggs**

Pre-K starters: *Vegetable sticks + Egg OR cheese*

MAIN COURSE

Grilled chicken escalope– **Allergens: Mustard**

Vermicelli rice – **Allergens: Gluten**

Wok-fried vegetables

DESSERT

Fresh fruit

Yogurt – **Allergens: Milk**

Pre-K dessert: *Yogurt*

WEDNESDAY, NOVEMBER 11

STARTERS

Tunisian Frick soup – **Allergens: Celery**

Salad bar – Use this link for more details

Deviled eggs– **Allergens: Eggs , milk**

Pre-K starters: *Vegetable sticks + Egg OR cheese*

MAIN COURSE

Grilled Chicken

Risotto-style bulgur – **Allergens: Gluten, milk**

Vegetable gratin – **Allergens: Eggs , milk**

DESSERT

Fresh fruit

Ice cream– **Allergens:, milk**

Pre-K dessert: *Fresh fruit*

THURSDAY, NOVEMBER 12

STARTERS

Pre-K starters: *Vegetable sticks + Egg OR cheese*

Vegetable soup – **Allergens: Milk**

Salad bar – Use this link for more details

Tunisian Fricassé – **Allergens: Gluten, eggs, milk**

MAIN COURSE

Lahmet thon - **Allergens: Milk, eggs, fish**

Tagliatelli with veggies – **Allergens: Milk**

Stuffed vegetables - **Allergens: Milk, eggs**

DESSERT

Pre-K dessert: *Yogurt*

Cream puffs – **Allergens: Gluten, milk, eggs**

Fresh fruit

FRIDAY, NOVEMBER 13

STARTERS

Pre-K starters: *Vegetable sticks + Egg OR cheese*

Pumpkin soup – **Allergens: Milk**

Salad bar – Use this link for more details

Cheese rolls – **Allergens: Eggs, milk**

MAIN COURSE

Chicken tacos – **Allergens: Wheat/gluten, milk, eggs, mustard**

French Fries

Parisian-style vegetables – **Allergens: Milk**

DESSERT

Pre-K dessert: *Fruit*

Chocolate cake – **Allergens: gluten, milk , eggs**

Fresh fruit