

Delirest SECONDARY MENU | 13-18 YEARS OLD

WEEK

3

DATE

09.07.-09.11.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	TOMATO SOUP (1,9,12)	GREEN PEA SOUP (9,12)	LENTIL SOUP (1,9,12)	POTATO SOUP WITH PASTA (1,3,9,12)	CREAMY CAULIFLOWER SOUP WITH SOUP PEARLS (1,7)
MAIN COURSE 1.	GRATIN CAULIFLOWER WITH TURKEY (1,7)	BBQ CHICKEN WITH POTATO AND BABY CARROTS (1,6,10,12,)	HONEY AND MUSTARD TURKEY WITH BULGUR AND GREEN BEANS (1,10,12)	CHICKEN CAPRESE WITH RICE AND GREEN PEAS (7)	BREADED CHICKEN BREAST WITH RICE AND TRICOLOR VEGETABLES (1,3,)
MAIN COURSE 2. <i>Vegetarian</i>	MANDU WITH VEGETABLE RICE AND SOYA (1,6)	FRIED ZUCCHINI WITH STEAK POTATO (1,3)	GRILLED CHEESE WITH RUCCOLA SALAD AND BULGUR (1,7)	GNOCCHI WITH CHILLI-HONEY SOYA SAUCE (1,3,6)	THAI NOODLES WITH VEGETABLES (1,3,6,12)

Allergens:

1:gluten 2:crustaceans 3:eggs 4:fish 5:peanuts 6:soya 7:milk 8:tree nuts 9:celery 10:mustard 11:sesame 12:sulphites 13:lupin
14:molluscs 15:sweetener 16:liquorice

ENJOY YOUR MEAL!