



SCHOOL MENU

23rd – 27th March 2026

DINING MENUS: KG = Kindergarten breakfast, S = morning snack, L reg. = regular lunch, L veg. = vegetarian lunch, AC/S = General afternoon snack, KS = Kindergarten snack

MONDAY	KG	Coloured bread ^{*1a} , chicken breast ham, cheese ^{*7} , fresh peppers, fruit tea, clementine	
	S	Carrot pastry ^{*1a} , chicken breast ham, cheese ^{*7} , fresh peppers, fruit tea, clementine	
	L reg.	Green bean stew with chicken ^{*1a,3} , rye bread ^{*1a,b} , apricot dumplings with toasted breadcrumbs ^{*1a,3,7,12} , orange slices	
	L veg.	Vegetarian green bean stew ^{*1a,3} , rye bread ^{*1a,b} , apricot dumplings with toasted breadcrumbs ^{*1a,3,7,12} , orange slices	
	AC/S	Buckwheat roll ^{*1a} , pear	
	KS	Buckwheat roll ^{*1a} , pear	
TUESDAY	KG	Brown roll ^{*1a} , butter ^{*7} , linden honey , apple	ŠS – Milk ^{*7}
	S	Brown roll ^{*1a} , butter ^{*7} , linden honey , apple	ŠS – Milk ^{*7}
	L reg.	Courgette soup with buckwheat ^{*1a,7} , soya patty ^{*1a,d,6} , spinach patty ^{*7} , mashed potato ^{*7} , sweet corn salad	
	L veg.	Courgette soup with buckwheat ^{*1a,7} , soya patty ^{*1a,d,6} , spinach patty ^{*7} , mashed potato ^{*7} , sweet corn salad	
	AC/S	Wholemeal roll ^{*1a} , dairy spread ^{*7} , red radishes, melon	
	KS	Wholemeal roll ^{*1a} , dairy spread ^{*7} , red radishes, melon	
WEDNESDAY	KG	Sesame roll ^{*1a,11} , fruit smoothie with oats ^{*7,d} , clementine	
	S	Sesame roll ^{*1a,11} , fruit yoghurt with cereal ^{*7,1a} , clementine	
	L reg.	Segedin goulash with pork ^{*1a} , polenta / boiled potatoes, fresh fruit	
	L veg.	Vegetarian Segedin goulash ^{*1a} , polenta / boiled potatoes, fresh fruit	
	AC/S	Apple strudel (wholegrain dough) ^{*1a,3,7} , nuts ^{*8}	
	KS	Apple strudel (wholegrain dough) ^{*1a,3,7} , nuts ^{*8}	
THURSDAY	KG	Margherita pizza ^{*1a,7} , olives, lemonade	ŠS – Apple
	S	Margherita pizza ^{*1a,7} , olives, lemonade	ŠS – Apple
	L reg.	Italian tomato soup ^{*1a} , spaghetti with Bolognese sauce & Parmesan ^{*1a,3,7} / meat lasagne ^{*1a,3,7} , mozzarella & cherry tomato salad ^{*7}	
	L veg.	Italian tomato soup ^{*1a} , lentil Bolognese ^{*1a} , spaghetti ^{*1a} , parmesan ^{*7} , mozzarella & cherry tomato salad ^{*7}	
	AC/S	Wholemeal grissini ^{*1a} , cottage cheese ^{*7} , carrots	
	KS	Wholemeal grissini ^{*1a} , cottage cheese ^{*7} , carrots	
FRIDAY	KG	Rice pudding with cinnamon ^{*7} , banana	
	S	Rice pudding with cinnamon ^{*7} , banana	
	L reg.	Cauliflower soup with quinoa ^{*1a,7} , vegetable paprikaš ^{*1a,6} , spelt svaljki ^{*1a,3,12} , beetroot salad, fresh fruit	
	L veg.	Cauliflower soup with quinoa ^{*1a,7} , vegetable paprikaš ^{*1a,6} , spelt svaljki ^{*1a,3,12} , beetroot salad, fresh fruit	
	AC/S	Corn roll ^{*1a} , clementine	
	KS	Corn roll ^{*1a} , clementine	

ENJOY YOUR MEAL!

* In emergency situations, we reserve the right to change the menu **The menu is designed for learners without food allergies. ***The allergens added to the food are marked with numbers after the food. Due to possible cross-contamination, prepared dishes may contain traces of the following allergens: 1 cereals containing gluten (1a from wheat and spelt, 1b from rye, 1c from barley and 1d from oats), 2 crustaceans, 3 eggs, 4 fish, 5 peanuts, 6 soya, 7 milk & dairy products, 8 nuts, 9 leaf green, 10 mustard seed, 11 sesame seed, 12 sulphur dioxide, 13 lupines, 14 molluscs. Every day we offer different kinds of bread, which may contain the allergens *1a-d,6,3,7,8. ****Organic foods are marked in **bold**. ŠS – additional food from the EU school scheme.

THE BENEFITS OF COLOURED FRUITS & VEGETABLES

Eating a variety of colourful fruits & vegetables gives your body a wide range of vitamins, minerals, and plant compounds to help you stay healthy and feel your best!

RED	ORANGE & YELLOW	GREEN	BLUE & PURPLE	WHITE & BROWN	PINK
					
BENEFITS:	BENEFITS:	BENEFITS:	BENEFITS:	BENEFITS:	BENEFITS:
<ul style="list-style-type: none">  Heart Health May help lower blood pressure & reduce risk of heart disease  Healthy Joints Contains antioxidants that help reduce inflammation  Skin Protection Helps protect against sun damage & signs of ageing  Supports Memory May help improve memory & cognitive function 	<ul style="list-style-type: none">  Boosts Immunity High in Vitamin C & beta-carotene to help fight illness  Eye Health Supports good vision & may prevent age-related eye disease  Healthy Skin Promotes collagen production for glowing skin  Energy Production Helps convert food into energy & supports metabolism 	<ul style="list-style-type: none">  Detoxification Helps cleanse the body & support liver function  Bone Health Rich in calcium, Vitamin K & folate for strong bones  Eye Protection Contains lutein & zeaxanthin to protect vision  Immune Support Packed with vitamins & antioxidants 	<ul style="list-style-type: none">  Brain Health May improve memory & cognitive function  Heart Health Contains anthocyanins that support cardiovascular health  Anti-Aging Powerful antioxidants fight cell damage  Urinary Health May help maintain healthy urinary function 	<ul style="list-style-type: none">  Immune Support Contains allicin & other compounds to boost immunity  Heart Health May help lower cholesterol & blood pressure  Gut Health Prebiotics feed healthy gut bacteria  Anti-Inflammatory Helps reduce inflammation in the body 	<ul style="list-style-type: none">  Antioxidant Power Rich in flavonoids & vitamin C to fight free radicals  Skin Health Promotes collagen production & skin repair  Heart Health May help improve circulation & heart function  Anti-Inflammatory Helps reduce inflammation & oxidative stress
Examples: Tomatoes, strawberries, red peppers, watermelon, raspberries, cherries	Examples: Oranges, carrots, mango, pumpkin, pineapple, sweet potato	Examples: Spinach, broccoli, kiwi, avocado, green apple, cucumber	Examples: Blueberries, grapes, blackberries, eggplant, purple cabbage, plums	Examples: Garlic, onions, cauliflower, mushrooms, bananas, ginger	Examples: Pink grapefruit, raspberries, dragon fruit, radishes, pomegranate, pink apple



EAT A RAINBOW: Aim to include a variety of colours in your daily diet for maximum health benefits!



TIP: The more colourful your plate, the more nutrients you're getting!