



# SCHOOL MENU

20 – 24 April 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	Milk semolina porridge with coconut <sup>*7,1a</sup> , grated dark chocolate, <b>apple</b>	
	S	Milk semolina porridge with coconut <sup>*7,1a</sup> , grated dark chocolate, <b>apple</b>	
	L reg.	Carrot soup with <b>bulgur</b> <sup>*1a,3</sup> , chicken risotto with vegetables, beetroot salad	
	L veg.	Carrot soup with <b>bulgur</b> <sup>*1a,3</sup> , vegetable ricotta with vegetables, beetroot salad	
	AC/S	Oat pastry <sup>*1a,d</sup> , cheese slices, cucumber slices, melon	
	KS	Oat pastry <sup>*1a,d</sup> , cheese slices, cucumber slices, melon	
TUESDAY	KG	Seeded bread <sup>*1a,11</sup> , <b>tuna spread</b> <sup>*4,7,6</sup> , tuna spread, fresh pepper & tomato, fruit tea	ŠS – Apple
	S	Seeded bread <sup>*1a,11</sup> , <b>tuna spread</b> <sup>*4,7,6</sup> , tuna spread, fresh pepper & tomato, fruit tea	ŠS – Apple
	L reg.	Prežganka soup <sup>*1a,3</sup> , grain patty <sup>*1a,d,b,6</sup> , creamed spinach <sup>*1a,7</sup> , mashed potato <sup>*7</sup> , bean salad	
	L veg.	Prežganka soup <sup>*1a,3</sup> , grain patty <sup>*1a,d,b,6</sup> , creamed spinach <sup>*1a,7</sup> , mashed potato <sup>*7</sup> , bean salad	
	AC/S	Milk <sup>*7</sup> , banana	
	KS	Milk <sup>*7</sup> , banana	
WEDNESDAY	KG	Brown bread <sup>*1a</sup> , butter <sup>*7</sup> , apricot jam, apple	ŠS – Milk <sup>*7</sup>
	S	Brown bread <sup>*1a</sup> , butter <sup>*7</sup> , apricot jam, apple	ŠS – Milk <sup>*7</sup>
	L reg.	Salmon in cream sauce <sup>*4,1a,7</sup> , spelt gnocchi <sup>*1a,3,12</sup> , celery & lentil salad, smoothie with forest berries & <b>flakes</b> <sup>*7,1a</sup>	
	L veg.	Salmon in cream sauce <sup>*4,1a,7</sup> , spelt gnocchi <sup>*1a,3,12</sup> , celery & lentil salad, smoothie with forest berries & <b>flakes</b> <sup>*7,1a</sup>	
	AC/S	Seeded roll <sup>*1a,11</sup> , cottage cheese spread with chives <sup>*7</sup> , fresh pepper slices	
	KS	Seeded roll <sup>*1a,11</sup> , cottage cheese spread with chives <sup>*7</sup> , fresh pepper slices	
THURSDAY	KG	Half-white bread <sup>*1a</sup> , chicken frankfurters, mustard <sup>*10</sup> / ajvar, lemonade	
	S	Hot dog roll <sup>*1a</sup> , chicken frankfurters, mustard <sup>*10</sup> / ajvar, lemonade	
	L reg.	Tree Sisters soup <sup>*1a</sup> , Mac & Cheese <sup>*1a,3,7</sup> , Cobb salad <sup>*3,7</sup> / sweet corn salad	
	L veg.	Tree Sisters soup <sup>*1a</sup> , Mac & Cheese <sup>*1a,3,7</sup> , Cobb salad <sup>*3,7</sup> / sweet corn salad	
	AC/S	Natural yoghurt <sup>*7</sup> , wholemeal grissini <sup>*1a</sup>	
	KS	Natural yoghurt <sup>*7</sup> , wholemeal grissini <sup>*1a</sup>	
FRIDAY	KG	Sesame bread roll <sup>*1a,11</sup> , barley coffee <sup>*7,1c</sup> , mixed fresh fruit	
	S	Sesame bread roll <sup>*1a,11</sup> , barley coffee <sup>*7,1c</sup> , mixed fresh fruit	
	L reg.	Potato goulash with <b>beef</b> <sup>*1a</sup> , oat bread <sup>*1a,d</sup> , ice cream <sup>*7</sup> , fresh fruit	
	L veg.	Vegetarian potato goulash <sup>*1a,6,9</sup> , oat bread <sup>*1a,d</sup> , ice cream <sup>*7</sup> , fresh fruit	
	AC/S	Rye roll <sup>*1a,b</sup> , apple	
	KS	Rye roll <sup>*1a,b</sup> , apple	

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.

# How to Reduce Food Waste at Home



## Plan your meals

Plan your meals ahead of time and make a shopping list to buy only what you need.



## Know how to store your food

Store foods properly in the fridge or pantry to keep them fresh for longer.



## Check 'use by' vs 'best before'

'Use by' dates mean the food is unsafe to eat after that date, while 'best before' dates indicate quality, not safety.



## Use what you have

Before shopping, check your fridge, freezer and pantry for foods that need to be used up.



## Avoid serving too much

Serve smaller portions to reduce leftovers. You can always go back for seconds if still hungry.



## Know your moulds

Understand the difference between safe-to-eat natural moulds and harmful, inedible ones.



## Share extra food with others

Share leftovers with family, friends, or neighbors if you have made too much food.



## Repurpose waste where possible

Turn vegetable peels and leftovers into soups, stews, or compost for your garden.