

29/08		
	Lunch	Dinner
Meat	Turkey stroganoff with tricoloured fusilli	Beef with mushroom sauce, rice and french fries (1 4 5 9 10)
Fish	Creamed Codfish	Fried fish fillets with tomato rice (1 4 5 7 8 10)
Vegetarian	Tomato Tofu with Rice	Lentil chilli (2 4 8 9 10)
Soup	Creamed spinach	
Salad	Tomato, Lettuce, Carrot and Beetroot	
Fruit	Melon, Watermelon, Banana and Kiwi	

30/08		
	Lunch	Dinner
Meat	Hungarian Goulash (4 10)	Roast chicken with mustard and vegetable rice (3 4 10)
Fish	Roast croaker with mashed potatoes (4 5 7)	Tuna steak with onion (4 7 10)
Vegetarian	Seitan with vegetables (1 2 6 9)	Spinach croquettes with pea rice (1 2 4 9 10)
Soup	Creamed spinach	
Salad	Tomato, Lettuce, Carrot and Beetroot	
Fruit	Melon, Watermelon, Banana and Kiwi	

31/08		
	Lunch	Dinner
Meat	Turkey steak with mushroom sauce and spaghetti (1 4 5 10)	Lasagne (1 3 4 5 10)
Fish	Golden fish fillets with rice (4 5 7 10)	Spiritual codfish (1 4 5 7)
Vegetarian	Soy with vegetables (2 3 4 8 9 10)	Tofu Tikka Masala (1 2 3 4)
Soup	White bean with turnip greens	
Salad	Tomato, Lettuce, Carrot and Beetroot	
Fruit	Melon, Watermelon, Banana and Kiwi	

Allergens	
Gluten	1
Tree Nuts	2
Celery	3
Mustard	4
Lactose	5
Sesame	6
Fish	7
Molluscs	8
Soya	9
Sulphites	10