

Freie Schule Anne-Sophie Berlin



Weekly menu CW 03

14.01.2019 - 18.01.2019

Monday

Tuesday

Wednesday

Thursday

Friday

Menu 1

BiO-spaghetti with beef
Bolognese and gouda

Allergenic ingredients: gluten (wheat),
celeriac, milk
Additives: none

Menu 2

Steamed beetroot with
horseradish coconut sauce and
cooked wheat

Allergenic ingredients: gluten (wheat)
Additives: none

Salad

Salad buffet

Allergenic ingredients in the dressing:
celeriac, mustard, sulfite, milk
Additives: none

Dessert

Bavarian cream with cassis

Allergenic ingredients: milk
Additives: none

Menu 1

Chicken leg with gravy, potato
dumpling and Bavarian savoy
cabbage

Allergenic ingredients: gluten (wheat), soy
Additives: none

Menu 2

With green spelt filled cabbage
roulade with carrot jus, potatoes
and **BiO**-vegetables

Allergenic ingredients: gluten (wheat)
Additives: none

Salad

Salad buffet

Allergenic ingredients in the dressing:
celeriac, mustard, sulfite, milk
Additives: none

Dessert

Vegan cherry jelly with soy vanilla
sauce

Allergenic ingredients: soy
Additives: none

Menu 1

Fried turkey strips with soy sprouts
in peanut sauce with pineapple and
BiO-basmati rice

Allergenic ingredients: peanut, soy
Additives: none

Menu 2

Creamy cauliflower with cheese au
gratin with potatoes
(optional vegan)

Allergenic ingredients: milk
Additives: none

Salad

Salad buffet

Allergenic ingredients in the dressing:
celeriac, mustard, sulfite, milk
Additives: none

Dessert

Straciatella yoghurt with brittle

Allergenic ingredients: hazelnut, milk
Additives: none

Menu 1

Root vegetable goulash with whole
grain pasta
Or: Pumpkin strudel with fried
vegetables and herbed curd

Allergenic ingredients: egg, gluten (wheat),
celeriac, milk
Additives: none

Thursday Veggie Day

VEGGIE

Salad

Salad buffet

Allergenic ingredients in the dressing:
celeriac, mustard, sulfite, milk
Additives: none

Dessert

Strawberry apple smoothie

Allergenic ingredients: none
Additives: none

Menu 1

Steamed pollack filet with green
herb sauce, whole grain rice or
parsley potatoes and **BiO**-
vegetables

Allergenic ingredients: fish
Additives: none

Menu 2

Fried fennel and pumpkin with
pea sauce and whole grain rice

Allergenic ingredients: none
Additives: none

Salad

Salad buffet

Allergenic ingredients in the dressing:
celeriac, mustard, sulfite, milk
Additives: none

Dessert

Fresh pineapple

Allergenic ingredients: none
Additives: none

Subject to change without prior notice

MSC-Certification number MSC-C-53338

DE-ÖKO-006



You got questions or requests?
Write to us:
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