

The school has weekly rotating lunch menu. In the beginning of every month we start with week menu number 1.

We try to have seasonal and local food in our kitchen. With every meal there is a salad bar with fresh and cooked vegetables. Also there is home baked bread and gluten free bread with butter or vegan butter. Side dishes are hummus, pesto and vegan dressing for the salad. Fruit is served twice a week.

Week Menu 1

Monday: Baked potatoes and Dahl

Tuesday: Brown rice with vegan meatballs with sauce

Wednesday: Tomato soup with foccacia bread

Thursday: Lasagna, vegan, vegetarian and gluten free option

Friday: Pizza, yogurt and fruit smoothie, vegan option

Week Menu 2

Monday: Cauliflower in spiced crust, baked potatoes

Tuesday: Rice, sweet and sour sauce and spring rolls

Wednesday: Vegetable creamy soup, garlic bread or croutons

Thursday: Whole grain spaghetti, vegan meatballs in tomato sauce, vegan parmesan.

Friday: Vegan burrito, whole grain tortillas and sweet bread

Week Menu 3

Monday: Mashed potatoes and vegan pie

Tuesday: Rice porridge with apples and homemade vegan yogurt

Wednesday: Curry soup and baked chickpeas

Thursday: Gnocci with vegetables or pesto

Friday: Pizza margarita, yogurt and fruit smoothie

Week Menu 4

Monday: Baked potatoes, baked beans and vegan sausage

Tuesday: Indian vegan style rice

Wednesday: Mexican soup with nachos, guacamole or salsa

Thursday: Whole grain fusilli pasta with vegetable sauce

Friday: Pita and falafel