

SUNDAY 5/5/2024

Breakfast

Apple overnight oats made with organic flakes L, B, P, E Ryebread L, M, E
Chopped vegetables L, M, G, B, P, E, Veg

Lunch

Cocktail meat balls L, M, G, P, E Tomato sauce L, G, B, P, E Potatoes L, M, G, B,
P, E, Veg, ♥

Vegetarian lunch

Sweet potato and falafel balls L, M, G, B, P, E, Veg Tomato sauce L, G, B, P, E
Potatoes L, M, G, B, P, E, Veg, ♥

Snack

Oat bread L, M, E Sausage slice L, M, G, E Chopped vegetables L, M, G, B, P, E,
Veg

Dinner

Sailor's meat and potato bake L, M, G, P, E, ♥

Supper

Banana yogurt L, G, E Multigrain roll L, M, E Chopped roots L, M, G, B, P, E, Veg

*Changes in the menu are possible. Please ask the kitchen staff about allergens, if necessary.
Pick up your meals from the kitchen staff if your food allergy involves life-threatening symptoms.*

♥ - Heart Symbol - a better choice, L - Lactose free, M - Milk free, G - Gluten free, B - Beef free, P - Pork free,
E - Egg free, Veg - Vegan diet