

**THURSDAY 11/21/2024**

**Breakfast**

Organic oatmeal L, M, B, P, E, Veg Chopped vegetables L, M, G, B, P, E, Veg

**Lunch**

Archipelago soup L, M, G, B, P, E Multigrain roll L, M, E Apple L, M, G, B, P, E, Veg

**Vegetarian lunch**

Lentil and vegetable soup L, M, G, B, P, E, Veg Multigrain roll L, M, E Apple L, M, G, B, P, E, Veg

**Snack**

Chopped roots L, M, G, B, P, E, Veg Berries L, M, G, B, P, E, Veg

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*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.*

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♥ - 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