

Menu for children aged 2–6

Monday, 12 October 2026

Breakfast: buckwheat bread with walnuts, butter, marmalade, white coffee

Morning snack: fruit and vegetable platter

Lunch: vegetable soup with amaranth*, chicken ragout with vegetables, couscous, cabbage salad

Afternoon snack: pudding with cream, nuts

Tuesday, 13 October 2026

Breakfast: brown bread, tzatziki spread, sliced peppers, mint tea

Morning snack: fruit and vegetable platter

Lunch: beef goulash, polenta with herbs, green salad with egg and sweetcorn, apple

Afternoon snack: banana bread, milk*

Wednesday, 14 October 2026

Breakfast: barley porridge cooked in milk, hazelnut topping

Morning snack: fruit and vegetable platter

Lunch: leek stew with potatoes and chickpeas, fruit dumplings with breadcrumbs, cinnamon topping, warm lemonade without added sugar

Afternoon snack: sesame grissini*, grapes (IK)

Thursday, 15 October 2026

Breakfast: spelt bread, homemade pumpkin seed spread, carrots, herbal tea

Morning snack: fruit and vegetable platter

Lunch: cream of bean soup with soup pearls, Viennese-style hake, potato salad, pawpaw

Afternoon snack: mandarin, firm plain yoghurt

Friday, 16 October 2026

Breakfast: grated egg-pasta porridge with milk, grated apple

Morning snack: fruit and vegetable platter

Lunch: courgette jota, autumn risotto with chicken and chestnuts, mixed salad

World Food Day – for children: raw homemade biscuits, homemade iced tea

Afternoon snack: banana, five-grain breadsticks