Taunus International Montessori School e.V.

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The TIMS Menu

Week of 9th November to 13th November

Curious what is cooking? Here is our menu of morning snacks, lunches and desserts for the week. Please note that we cook fresh daily, so small changes may occasionally be made based on product availability.

Please note: we have a NO NUTS policy at TIMS.

DAY	MENU	INGREDIENTS / ADDITIVES & PRESERVATIVES (EU REG. 1169/2011)
Monday 9 November	**Morning snack:** Organic yogurt with a choice of seasonal fresh fruit, organic granola or cereal **Lunch:** Lasagne with bolognese sauce **Dessert:** Seasonal fresh fruit	GLUT MILK EGGS
Tuesday 10 November	**Morning snack:** Fresh baked bread with butter and various toppings **Lunch:** Minestrone with alphabet pasta **Dessert:** Carrot cake	GLUT MILK
Wednesday 11 November	**Morning snack:** St Martin's Wekmann bread with fresh glass of milk **Lunch:** Breaded filet of filsh with mashed potatoe and broccoli **Dessert:** Mixed berry smoothie	MILK FISH GLUT
Thursday 12 November	**Morning snack:** Fresh baked bread with organic butter and toppings **Lunch:** Asian veggie rice bowl **Dessert:** Strawberry jelly	MILK GLUT
Friday 13 November	**Morning snack:** Friday's special snack **Lunch:** Chicken Gulasch and spaetzle **Dessert:** Seasonal fresh fruit	GLUT EGGS

EU Allergen Key — Regulation 1169/2011

- GLUT — Gluten
- EGGS — Eggs
- PNUT — Peanuts
- MILK — Milk
- CELY — Celery
- SES — Sesame
- LUP — Lupin
- CRUST — Crustaceans
- FISH — Fish
- SOY — Soy
- NUTS — Tree Nuts
- MUST — Mustard
- SO2 — Sulphites
- MOLL — Molluscs