



The TIMS Menu

Week of 19th October to 23rd October

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 19 October	Morning snack: Organic yogurt with a choice of seasonal fresh fruit, organic granola or cereal Lunch: Chicken and vegetable pasta bake Dessert: Seasonal fresh fruit	 GLUT  MILK  EGGS
Tuesday 20 October	Morning snack: Bio Eggs Lunch: Broccoli and potatoe soup with toasted bread and chesse Dessert: Blueberry cake	 GLUT  MILK
Wednesday 21 October	Morning snack: Organic yogurt with a choice of seasonal fresh fruit and organic granola or cereal Lunch: Fish in a creamy sauce with mixed vegetables and rice Dessert: Banana and strawberry smoothie	 MILK  FISH  GLUT
Thursday 22 October	Morning snack: Fresh baked 'Laugen Brezel' with Obatzter cheese spread Lunch: German sausages with mashed potatoes and cauliflower Dessert: Apple strudel with vanilla ice cream	 MILK  GLUT
Friday 23 October	Morning snack: Cereal or granola with milk and honey Lunch: Fried noodles with vegetable and beef stipes Dessert: Fresh fruit	 MILK

EU Allergen Key — Regulation 1169/2011

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