

Riverside School



MENU 31. 8. - 4. 9. 2026



MONDAY 31.08.2026		
Soup	Farmer's soup with egg 3, 9 VEG (carrot, onion, celery, leek, zucchini, parsley, oil, egg)	
MENU	MAIN	SIDE
Main 1 Main EY	Chicken stroganoff 7 (chicken, leek, potato starch, pepper, salt, cream, tomato purée, tomatoes, cucumber, mushrooms, onion, butter, oil)	jasmine rice 0 (rice, oil, salt)
Main 2	Grilled pork with bean pods 0 (pork meat, oil, bean pods)	crushed potatoes 7 (potatoes, butter, onion)
Main 3 VEG	Ratatouille 0 VEG (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion)	cous cous with herbs 1 (cous cous, herbs)
Main 4* DIET	Ratatouille 0 VEG (peeled tomatoes, pepper, zucchini, aubergine, herbs, onion)	rice 0 (rice, oil, salt)
Salad	Tabbouleh salad 1 VEG (bulgur, cucumber, tomatoes, spring onion, parsley, lemon juice, salt, olive oil)	GOOD CHOICE
Sandwich	Sandwich with Prague ham, egg and gherkin 1, 3, 7 (sandwich bread, ham, egg, cheese spread, pickled cucumber, iceberg lettuce, creamy horseradish)	

TUESDAY 01.09.2026		
Soup	Tomato soup with basil 9 VEG (tomatoes, carrot, celery, onion, olive oil, basil, garlic)	
MENU	MAIN	SIDE
Main 1 Main EY	Baked pork cubes with white cabbage 0 (pork, onion, garlic, cumin, cabbage)	potato dumplings 1, 3 (potatoes, flour, egg, salt) Juicy Juicy Juicy
Main 2	Baked cod with steamed vegetables 4, 7 (cod, green pea, bean pods, corn, cauliflower, butter)	bulgur 1, 9 (bulgur, herbs)
Main 3 VEG	Mushrooms and pasta bake with pickle 1, 3, 7 VEG (pasta, egg, cream, milk, onion, mushrooms, pepper, pickle)	
Main 4* DIET	Baked cod with steamed vegetables 4 (cod, green pea, bean pods, corn, cauliflower)	boiled potatoes 0, (potatoes, salt)
Salad	Mix of leaves salad with egg 3 VEG (iceberg lettuce, romaine lettuce, radicchio, red chard, tomatoes, egg, olive oil, lemon juice, salt, sugar)	
Sandwich	Caesar sandwich 1,3,4,7,10 (wholegrain sandwich bread, bacon, romaine lettuce, egg, cheese, mayonnaise, anchovies, mustard, chicken meat)	I Love Canteens

WEDNESDAY 02.09.2026		
Soup	Zucchini cream 7 VEG (potatoes, herbs, garlic, onion, zucchini, pepper, salt, cream)	
MENU	MAIN	SIDE
Main 1	Chicken with provencal vegetables 0 (chicken meat, rosemary, thyme, zucchini, carrot, olive oil, tomato purée, tomato)	jasmine rice 0 (rice, oil, salt)
Main 2 Main EY	Turkey meatloaf with steamed peas 1, 3 (turkey, flour, egg, breadcrumbs, onion, garlic, salt, cumin, peas)	mashed potatoes 7 (potatoes, butter, milk)
Main 3 VEG	Thai vegetable curry with coconut 10 VEG (broccoli, coriander, zucchini, pumpkin, salt, cauliflower, aubergine, coconut milk, carrots, oil, curry paste)	cous cous 1 (cous cous)
Main 4* DIET	Thai vegetable curry with coconut 10 VEG (broccoli, coriander, zucchini, pumpkin, salt, cauliflower, aubergine, coconut milk, carrots, oil, curry paste)	jasmine rice 0 (rice, oil, salt) GO LOCAL
Salad	Salad mix with chicken ham and cheese, honey dressing 7, 10 (lettuce, radicchio, chicken ham, cherry tomatoes, rucola, lamb's lettuce, olive oil, cheese, cheddar, pomegranate, cranberries, mustard)	VEGETARIAN SOMMI
Sandwich	BBQ chicken sandwich 1, 3, 7, 12 (sandwich bread, chicken, egg, cheddar cheese, iceberg lettuce, BBQ sauce, bacon, oil, gyros seasoning)	

* suitable for intolerance to three main allergens (gluten, lactose and eggs)



THURSDAY			03.09.2026
Soup	Lentil soup with sausage 1 (lentils, garlic, onion, marjoram, sausage, flour , vinegar, oil)		
MENU	MAIN	SIDE	
Main 1 Main EY	Meatballs with tomato sauce 1, 9 (beef meat, pork meat, tomatoes, celery , bay leaves, sugar, flour , cinnamon, oil)	pasta 1, 3 (flour , egg , water, salt)	
Main 2	Turkey sauté with vegetables 1, 6, 9 (turkey meat, garlic, onion, sugar, salt, carrot, soy sauce , sweet chili sauce, paprika, leek, tomato purée, potato starch)	jasmine rice 0 (rice, oil, salt)	
Main 3 VEG	Potato gratin baked with vegetables and cheese 7, 9 VEG (potatoes, garlic, zucchini, nutmeg, carrot, cabbage, olive oil, cream , eidam cheese)		
Main 4* DIET	Turkey sauté with vegetables 6, 9 (turkey meat, garlic, onion, sugar, salt, carrot, soy sauce , sweet chili sauce, paprika, leek, tomato purée, potato starch)	jasmine rice 0 (rice, oil, salt)	
Salad	Chinese noodle salad 0 (rice noodles, chinese cabbage, white and red cabbage, spring onion, carrot, bamboo sprouts, corn)		
Sandwich	Sandwich with smoked salmon and chive spread 1, 4, 7 (sandwich bread, smoked salmon, chives, spread butter)		

FRIDAY			04.09.2026
Soup	Vegetable broth with noodles and vegetables 1, 3, 9 VEG (broccoli, celery , pea, corn, cauliflower, carrot, oil, pasta)		
MENU	MAIN	SIDE	
Main 1 Main EY	Pasta with salmon and cream sauce 1, 3, 4, 7 (pasta, salmon, cream, onion, milk, oil, salt)		
Main 2	Pork goulash with sausage 0 (pork, crushed tomatoes, onion, oil, sausage , rice flour, bacon, ground paprika, salt, pepper)	bread dumplings 1, 3, 7 (flour , milk, yeast, bread , egg)	
Main 3 VEG	Cantonese rice with vegetables and egg 1, 3, 4, 6, 9 VEG (rice, egg , leek, zucchini, carrot, bell pepper, spring onion, soy sauce , fish sauce, coriander)		
Main 4* DIET	Pork goulash with sausage 0 (pork, crushed tomatoes, onion, oil, smoked sausage, rice flour, bacon, ground paprika, salt, pepper)	jasmine rice 0 (rice, oil, salt)	
Salad	Mixed salad with sun-dried tomatoes 3, 7, 10 VEG (tomatoes, eggs , spring onion, mayonnaise , white yoghurt)		
Sandwich	Baguette with basil pesto, tomato and mozzarella 1, 7 VEG (baguette, tomato, mozzarella , olive oil, basil, parmasan cheese , garlic)		

ALLERGENS

Our menu offers a wide variety of dishes. Although a particular dish may not contain a specific allergen as an ingredient, all meals are prepared in the same kitchen and cross-contact with allergens cannot be completely avoided. Therefore, we cannot guarantee that any of our dishes are completely allergen-free.

1
CEREALS
containing gluten

2
CRUSTACEANS
and products thereof

3
EGGS
and products thereof

4
FISH
and products thereof

5
PEANUTS
AND PRODUCTS OF PEANUTS, NUTS

6
SOYBEANS
and products thereof

7
MILK
and products thereof

8
TREE NUTS
All nuts and nut products

9
CELERY
and products thereof

10
MUSTARD
and products thereof

11
SESAME SEEDS
and products thereof

12 SO_2
SULPHUR DIOXIDE AND SULPHITES
In concentrations above 10 mg/kg

* suitable for intolerance to three main allergens (gluten, lactose and eggs)