

| Week 14 30 maart tot 3 april 2026 |                                         |                                  |
|-----------------------------------|-----------------------------------------|----------------------------------|
| DATUM                             | MENU                                    | ALLERGENEN                       |
| Maandag<br>30 maart<br>2026       | Broccolisoup                            | 1, 8, 11, 12, 22, 26             |
|                                   | Spaghetti bolognese – gemalen kaas      | 1, 11, 26, 28                    |
|                                   | Fruityoghurt/Vitalinea yoghurt          | 12, 27                           |
| Dinsdag<br>31 maart<br>2026       | Wortelsoup                              | 1, 8, 11, 12, 22, 26             |
|                                   | Kip meuniere met bruine saus            | 1, 8, 12, 22, 26, 27 - 1, 8, 11, |
|                                   | Witte kool met bechamelsaus             | 12, 22, 26                       |
|                                   | Gekookte aardappelen                    | 1, 11, 12, 26, 27                |
| Woensdag<br>1 april<br>2026       | Tarte tatin/diab. mokkapudding          | 1, 11, 12, 27                    |
|                                   | Knolseldersoup                          | 1, 8, 12, 22, 26                 |
|                                   | Hamburger met bruine saus               | 11, 12 - 1, 8, 11, 12, 22, 26    |
|                                   | Wortelen en puree                       | 1, 8, 11, 12, 22, 26 - 1, 8, 11, |
| Donderdag<br>2 april<br>2026      | Vers fruit zacht                        | 12, 26, 27                       |
|                                   | Tomatensoep met balletjes               | 1, 8, 11, 12, 22, 26, 27, 28     |
|                                   | Varkenshaasje met kruidensaus           | 1, 8, 11, 12, 22, 26 - 1, 8, 11, |
|                                   | Sla en tomaat, patatas bravas           | 12, 22, 24, 26                   |
| Vrijdag<br>3 april<br>2026        | Mokkapudding/diab. mokkapudding         | 8, 12, 22, 26, 27, 28            |
|                                   | Pompoensoep met tuinkruiden             | 12, 27                           |
|                                   | Gepocheerde koolvisfilet, mouselinesaus | 1, 8, 11, 12, 22, 26, 28         |
|                                   | Spinaziepuree                           | 9, 12, 24 - 1, 11, 12, 22, 24,   |
|                                   | Koekje/diab. koekje                     | 27 - 1, 8, 11, 12, 22, 26, 27    |

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lijst allergenen | 1 Gluten 2 Gluten-gerst 3 Gluten-kamut 4 Gluten-rogge 5 Gluten-spelt 6 Gluten-tarwe 7 Schaal- en weekdieren 8 ei 9 Vis  10 Aardnoten 11 Soja 12 Melk 13 Noten 14 Noten-amandel 15 Noten-cashew 16 Noten-hazel 17 Noten-macademia 18 Noten-para 19 Noten-pecan 20 Noten-pistache 21 Noten-wal 22 Mosterd 23 Sesamzaad 24 Zwaveldioxide en sulfieten 25 Lupine 26 selder 27 Lactose 28 Tomaat 29 Aardbeien (*) = bevat sporen van |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Prijs: 7,50 EUR – K.P. 5,50 EUR

Reserveren kan telefonisch of aan het onthaal

Dit menu is onderhevig aan veranderingen.

Verantwoordelijke uitgever: Rianne Hartman, Azalealaan 4, 9100 Sint-Niklaas

| Week 15                      | 6 april tot 10 april 2026                                                                                                                     |                                                                                                                                 |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| DATUM                        | MENU                                                                                                                                          | ALLERGENEN                                                                                                                      |
| Maandag<br>6 april<br>2026   | PAASMAANDAG                                                                                                                                   |                                                                                                                                 |
| Dinsdag<br>7 april<br>2026   | Bloemkool-preisoep<br>Gepocheerde heekfilet met saffraan saus<br>Broccoli, gekookte aardappelen<br>Speculoospudding/diab.<br>speculoospudding | 8, 12, 26, 27<br>9, 12, 24 – 1, 8, 11, 12, 22,<br>24, 26, 27 – 1, 8, 11, 12, 22,<br>26<br>1, 11, 12, 27                         |
| Woensdag<br>8 april<br>2026  | Tomatensoep met balletjes -<br>Volkoren penne met hesp en prei<br>kaassaus<br>Vers fruit                                                      | 1, 8, 11, 12, 22, 26, 27, 28<br>1, 12, 22, 26, 27<br>geen                                                                       |
| Donderdag<br>9 april<br>2026 | Groentensoep<br>Kippenbil met Jagersaus<br>Waldorfsalade en frieten (steakhouse)<br>Chocoladepudding/diab.<br>chocoladepudding                | 1, 8, 11, 12, 22, 26<br>1, 8, 12, 22, 23, 25, 26- 1,<br>8, 12, 22, 24, 26, 27, 28-<br>1, 8, 9, 12, 13, 22, 26, 27<br>11, 12, 27 |
| Vrijdag<br>10 april<br>2026  | Knolseldersoep<br>Gebakken vis (2st.) en vierkruidensaus<br>(koud), wortel-venkelpuree<br>Koekje/diab. koekje                                 | 1, 8, 12, 22, 26<br>1, 9, 12 – 1, 8, 11, 22, 26<br>12, 27<br>1, 8, 11, 12, 13, 25, 27                                           |

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lijst<br>allergenen | 1 Gluten 2 Gluten-gerst 3 Gluten-kamut 4 Gluten-rogge 5 Gluten-spelt 6 Gluten-tarwe 7 Schaal- en<br>weekdieren 8 ei 9 Vis  10 Aardnoten 11 Soja 12 Melk 13 Noten 14 Noten-amandel 15 Noten-<br>cashew 16 Noten-hazel 17 Noten-macademia 18 Noten-para 19 Noten-pecan 20 Noten-pistache 21<br>Noten-wal 22 Mosterd 23 Sesamzaad 24 Zwaveldioxide en sulfieten 25 Lupine 26 selder 27<br>Lactose 28 Tomaat 29 Aardbeien (*) = bevat sporen van |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Prijs: 7,50 EUR – K.P. 5,50 EUR

Reserveren kan telefonisch of aan het onthaal

Dit menu is onderhevig aan veranderingen.

Verantwoordelijke uitgever: Rianne Hartman, Azalealaan 4, 9100 Sint-Niklaas

| Week 16                       | 13 april tot 17 april 2026                                                |                                                                              |
|-------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------|
| DATUM                         | MENU                                                                      | ALLERGENEN                                                                   |
| Maandag<br>13 april<br>2026   | Groene tuinkruidensoep                                                    | 1, 8, 11, 12, 22, 26                                                         |
|                               | Spaghetti bolognaise – gemalen kaas                                       | 1, 11, 26, 28                                                                |
|                               | Fruityoghurt/Vitalinea yoghurt                                            | 12, 27                                                                       |
| Dinsdag<br>14 april<br>2026   | Linzensoep                                                                | 1, 11, 26                                                                    |
|                               | Worst, bruine saus<br>Appelmoes (gewoon/diab.) en puree                   | 11, 12 – 1, 8, 11, 12, 22, 26<br>1, 8, 11, 12, 26, 27                        |
|                               | Caramelpudding/diab. Vanillepudding                                       | 12, 27                                                                       |
| Woensdag<br>15 april<br>2026  | Kip-curry-soep                                                            | 1, 8, 11, 12, 22, 26                                                         |
|                               | Kalkoennotje met kruiden, mosterdsaus<br>Spinazie en gekookte aardappelen | 1, 8, 11, 22, 26 – 1, 8, 11, 12,<br>22, 24, 26, 27 – 1, 8, 11, 12,<br>22, 26 |
|                               | Vers fruit                                                                | geen                                                                         |
| Donderdag<br>16 april<br>2026 | Wortel-knolseldersoep                                                     | 1, 8, 12, 22, 26                                                             |
|                               | Stoverij met saus<br>Schelperwten en aardappelschijfjes                   | 1, 8, 11, 12, 22, 24, 26<br>1, 8, 11, 12, 22, 26                             |
|                               | IJs vanille/diab. vanilleijs                                              | 1, 8, 11, 12, 13, 25, 27                                                     |
| Vrijdag<br>17 april<br>2026   | Kippensoep                                                                | 1, 8, 11, 12, 22, 26                                                         |
|                               | Gepocheerde kabeljauwfilet<br>Citrus-botersaus en broccolipuree           | 9, 24<br>1, 8, 11, 12, 22, 24, 26 – 1, 8,<br>11, 12, 26, 27                  |
|                               | Koekje zacht/diab. koekje                                                 | 1, 8, 11, 12, 13, 25, 27                                                     |

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lijst<br>allergenen | 1 Gluten 2 Gluten-gerst 3 Gluten-kamut 4 Gluten-rogge 5 Gluten-spelt 6 Gluten-tarwe 7 Schaal- en weekdieren 8 ei 9 Vis  10 Aardnoten 11 Soja 12 Melk 13 Noten 14 Noten-amandel 15 Noten-cashew 16 Noten-hazel 17 Noten-macademia 18 Noten-para 19 Noten-pecan 20 Noten-pistache 21 Noten-wal 22 Mosterd 23 Sesamzaad 24 Zwaveldioxide en sulfieten 25 Lupine 26 selder 27 Lactose 28 Tomaat 29 Aardbeien (*) = bevat sporen van |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Prijs: 7,50 EUR – K.P. 5,50 EUR

Reserveren kan telefonisch of aan het onthaal

Dit menu is onderhevig aan veranderingen.

Verantwoordelijke uitgever: Rianne Hartman, Azalealaan 4, 9100 Sint-Niklaas

| Week 17 20 april tot 24 april 2026 |                                                                                        |                                                                                                |
|------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| DATUM                              | MENU                                                                                   | ALLERGENEN                                                                                     |
| Maandag<br>20 april<br>2026        | Komkommersoep                                                                          | 1,8,11,12,22,26                                                                                |
|                                    | Hamburger met ajuinsaus, rode biet/appel<br>Gekookte aardappelen                       | 11,12 – 1,11,12,26,27 – 11,26                                                                  |
|                                    | Fruityoghurt/Vitalinea yoghurt                                                         | 12, 27                                                                                         |
|                                    |                                                                                        |                                                                                                |
| Dinsdag<br>21 april<br>2026        | Champignonsoep                                                                         | 1, 8, 11, 12, 22, 26                                                                           |
|                                    | Gepocheerde koolvisfilet, velouté met<br>groenten, broccoli<br>Geglaceerde aardappelen | 9, 12, 24 – 1, 7, 8, 9, 11, 12,<br>22, 26, 27 – 1, 8, 11, 12, 22,<br>26 – 1, 8, 11, 12, 22, 26 |
|                                    | Crème renversé/diab. vanillepudding                                                    | 8, 11, 12, 13, 27                                                                              |
|                                    |                                                                                        |                                                                                                |
| Woensdag<br>22 april<br>2026       | Wortelsoep                                                                             | 1, 8, 11, 12, 22, 26                                                                           |
|                                    | Witloof met hesp en kaassaus<br>Puree                                                  | 12, 27<br>1, 8, 11, 12, 26, 27                                                                 |
|                                    | Vers fruit                                                                             | geen                                                                                           |
|                                    |                                                                                        |                                                                                                |
| Donderdag<br>23 april<br>2026      | Broccolisoepp                                                                          | 1, 8, 11, 12, 22, 26                                                                           |
|                                    | Vol-au-vent, doperwtensalade<br>Frieten                                                | 1,8,12,22,24,26-8,12,27                                                                        |
|                                    | Sinaasappelpudding gember/diab.<br>Sinaasappelpudding gember                           | 11, 12, 27                                                                                     |
|                                    |                                                                                        |                                                                                                |
| Vrijdag<br>24 april<br>2026        | Tomatensoep met balletjes                                                              | 1, 8, 11, 12, 22, 26, 27, 28                                                                   |
|                                    | Gebakken vis met spinazie<br>Bearnaisesaus vis, knolselderpuree                        | 1, 9, 12<br>1, 11, 12, 24, 26, 27 – 1, 8,<br>11, 12, 26, 27                                    |
|                                    | Koekje/diab. koekje                                                                    | 1, 8, 11, 12, 13, 25, 27                                                                       |
|                                    |                                                                                        |                                                                                                |

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Lijst<br/>allergenen</b> | 1 Gluten 2 Gluten-gerst 3 Gluten-kamut 4 Gluten-rogge 5 Gluten-spelt 6 Gluten-tarwe 7 Schaal- en weekdieren 8 ei 9 Vis  10 Aardnoten 11 Soja 12 Melk 13 Noten 14 Noten-amandel 15 Noten-cashew 16 Noten-hazel 17 Noten-macademia 18 Noten-para 19 Noten-pecan 20 Noten-pistache 21 Noten-wal 22 Mosterd 23 Sesamzaad 24 Zwaveldioxide en sulfieten 25 Lupine 26 selder 27 Lactose 28 Tomaat 29 Aardbeien (*) = bevat sporen van |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Prijs: 7,50 EUR – K.P. 5,50 EUR

Reserveren kan telefonisch of aan het onthaal

Dit menu is onderhevig aan veranderingen.

Verantwoordelijke uitgever: Rianne Hartman, Azalealaan 4, 9100 Sint-Niklaas

| Week 18                       | 27 april tot 1 mei 2026                                             |                                                                              |
|-------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------|
| DATUM                         | MENU                                                                | ALLERGENEN                                                                   |
| Maandag<br>27 april<br>2026   | Kip-curry-soep                                                      | 1, 8, 11, 12, 22, 26                                                         |
|                               | Volkoren spaghetti bolognaise<br>gemalen kaas                       | 1, 11, 26, 28                                                                |
|                               | Fruityoghurt/Vitalinea yoghurt                                      | 12, 27                                                                       |
| Dinsdag<br>28 april<br>2026   | Broccoli-spinaziesoep                                               | 1, 11, 12, 26, 27                                                            |
|                               | Chipolata en bruine saus<br>Appelmoes (gewoon/diab.) en puree       | 11, 12 – 1, 8, 11, 12, 22, 26<br>1, 8, 11, 12, 26, 27                        |
|                               | Vanilleflan/diab. Vanilleflan                                       | 1, 8, 12, 23, 27                                                             |
| Woensdag<br>29 april<br>2026  | Knolseldersoep                                                      | 1, 8, 12, 22, 26                                                             |
|                               | Kalkoenrollade met dragonsaus<br>Snijbonen en gekookte aardappelen  | 1, 8, 11, 12, 22, 26 – 1, 8, 11,<br>12, 22, 24, 26 – 1, 8, 11, 12,<br>22, 26 |
|                               | Vers fruit                                                          | geen                                                                         |
| Donderdag<br>30 april<br>2026 | Tomatensoep met balletjes                                           | 1,8,11,12,22,26,27,28                                                        |
|                               | Biefstuk met pepersaus, tomaat vinaigrette<br>Frietjes (Steakhouse) | 1,8,11,12,22,26,27-<br>8,12,22,26,27,28                                      |
|                               | Ijs vanille/diab. ijs vanille                                       | 1,8,11,12,13,25,27                                                           |
| Vrijdag<br>1 mei<br>2026      | DAG VAN DE ARBEID                                                   |                                                                              |

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lijst<br>allergenen | 1 Gluten 2 Gluten-gerst 3 Gluten-kamut 4 Gluten-rogge 5 Gluten-spelt 6 Gluten-tarwe 7 Schaal- en weekdieren 8 ei 9 Vis  10 Aardnoten 11 Soja 12 Melk 13 Noten 14 Noten-amandel 15 Noten-cashew 16 Noten-hazel 17 Noten-macademia 18 Noten-para 19 Noten-pecan 20 Noten-pistache 21 Noten-wal 22 Mosterd 23 Sesamzaad 24 Zwaveldioxide en sulfieten 25 Lupine 26 selder 27 Lactose 28 Tomaat 29 Aardbeien (*) = bevat sporen van |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Prijs: 7,50 EUR – K.P. 5,50 EUR

Reserveren kan telefonisch of aan het onthaal

Dit menu is onderhevig aan veranderingen.

Verantwoordelijke uitgever: Rianne Hartman, Azalealaan 4, 9100 Sint-Niklaas

