

Quesadilla with greens and dip

Gluten free: tortillas

Lactose free: vegan cheddar, crème fraîche

Vegan: vegan cheddar, vegan crème fraîche

Chickpea sandwich

Gluten free: sandwich bread

Lactose free: crème fraîche

Vegan: vegan mayo and crème fraîche

Mac & Cheese

Gluten free: pasta

Lactose free: vegan cheddar, cooking cream

Vegan: vegan cheddar, vegan cooking cream

Spicy pasta

Gluten free: pasta

Lactose free: cream cheese, cooking cream, crème fraîche

Vegan: vegan cheddar, vegan crème fraîche

Fried pearl barley

Gluten free: rice

Lactose free:

Vegan: omit the egg on top

Barlotto

Gluten free: rice

Lactose free: butter, dressing

Vegan: vegan parmesan, dressing

Anicia Bolognese

Gluten free: pasta

Lactose free: cream

Vegan: vegan cream, vegan parmesan

Curry pot

Gluten free: cauliflower rice, rice or quinoa

Lactose free:

Vegan:

Quinoa balls

Gluten free: wheat (e.g. corn starch), oat

Lactose free: crème fraîche

Vegan: flaxseed egg, vegan crème fraîche, vegan mayo

Veggie balls

Gluten free: breadcrumbs

Lactose free: crème fraîche

Vegan: flaxseed eggs, vegan crème fraîche, vegan mayo

Chili sin carne

Gluten free: rice, cauliflower rice or quinoa

Lactose free: crème fraîche

Vegan: crème fraîche

Mash potatoes with 'love'

Gluten free:

Lactose free: butter, milk, cream

Vegan: vegan butter, vegan milk, vegan cream

Halloumi steaks

Gluten free: breadcrumbs

Lactose free: crème fraîche, halloumi,

Vegan: flaxseed eggs, vegan crème fraîche, vegan halloumi, vegan mayo

Halloumi burger

Gluten free: breadcrumbs, burger buns

Lactose free: crème fraîche, halloumi, dressing

Vegan: flaxseed egg, vegan crème fraîche, vegan halloumi, vegan mayo, vegan dressing

Bean burrito

Gluten free: tortillas

Lactose free: crème fraîche

Vegan: vegan crème fraîche

Recipe for flaxseed eggs

This recipe corresponds to 1 egg. Remember to save excess flaxseed for the recipes on Saturday.

2 Tbsp. flaxseed

7 Tbsp. water

Mix flaxseed and water. Let it rest for 15 min. The texture will be slimy and work perfectly as a replacement for an egg.