





# CANTEEN Menu

Chartwells 	 LYCÉE FRANÇAIS DE SHANGHAI 上海法租界中法大馬路中法學校	FRENCH - GERMAN SCHOOL (Francophonie Week)				 Deutsche Schule Shanghai Yangpu
WEEK 1	MONDAY (7-3-2022)	TUESDAY (8-3-2022)	WEDNESDAY (9-3-2022)	THURSDAY (10-3-2022)	FRIDAY (11-3-2022)	
<b>Trattoria</b> (Pasta & pizza)	Gratin tomato sauce / Chicken bolognese GRATIN	Tomato sauce / bacon & mushroom SAUCE	Gratin tomato sauce / Pesto SAUCE	Gratin tomato sauce / Chicken & peppers	tomato sauce / Beef Lasagna	
	Margherita pizza / Pepperoni pizza	Pizza Margarita / Mexican Beef pizza	Margherita pizza	Margherita pizza / Prosciutto pizza	Margherita pizza / Chicken pizza	
<b>ASIAN</b> (Taste of Asia)	Sliced chicken garlic with Noodles	Noodles with Pork Char-Siu	Egg & Tomato noodles	Chicken curry Noodles	Chicken Huahua Noodles	
	Curry pork chop with fried rice	Xingjian chicken with vegetables and rice	Wok Fried Rice noodles with coconut milk, fried Egg	Fish Ca kho to ( Vietnamese braised fis)	braised pork with preserved vegetable and rice	
<b>Chef's Table</b>	Sausage, purple cabbage & mash potatoes	Cous cous, Vegetable & chicken, Green tea	chilli con carne and nachos	Lamb leg with zatziki & baked potatoes	Madagascar meatloaf	
<b>Soup Station</b>	Braised Letil Soup	Barley soup & Bacon	Veg. Minestrone Soup	Chicken Chickpeas	Bean Soup Sausage	
<b>Crave</b> (Sandwiches & desserts)	Make your own sadwich from the sandwich station	Make your own sadwich from the sandwich station	Make your own sadwich from the sandwich station	Make your own sadwich from the sandwich station	Make your own sadwich from the sandwich station	
	Daily Cake	Daily Cake	Daily Cake	Daily Cake	Daily Cake	
<b>Roots &amp; Seeds</b> (Vegetarian station)	<b>Poutine</b>	Vietnamite spring rolls with rice noodels	Moroccan Couscous with mix vegetables and chickpea	Vegetarian burger & beetroot hummus	Daal Chawal with vegetables and aromatized rice	

-  Pork
-  Beef
-  Chicken
-  Fish
-  Vegetarian









**Nutritional Reading: \***






- Red Meat 10%
- Fish 4%
- White Meat 13%
- Vegetables 38%
- Fruits 9%
- Starch 23%
- Deep Fried 1%

\* Calculated over the whole week

# KIDS MENU



Chartwells 		LYCÉE FRANÇAIS DE SHANGHAI 上海法语学校		FRENCH - GERMAN SCHOOL (Francophonie Week )			Deutsche Schule Shanghai Yangpu 
WEEK 1		MONDAY (7-3-2022)	TUESDAY (8-3-2022)	WEDNESDAY (9-3-2022)	THURSDAY (10-3-2022)	FRIDAY (11-3-2022)	
KDG		Chinesse marinate cucumber	Pumpkin Soup	Spring Roll	Lentils salad	Egg, olives & tomatoes	
Eat Global Set		Slide bread	Dark Bread	Special Bread	Slide bread	Soft roll	
		<b>White rice</b>	<b>Couscous</b>	<b>Pasta</b>	<b>Potato pure</b>	<b>Fried rice</b>	
		Zucchini & carrot/ Celery with bean curd	Cabbage slices/Ratatouille	Roasted broccoli & cauliflower/ Wok-fried Vegetbale	Green peas, corn & carrot/Choi Sum	Bok choy/ Soya Chicken	
		Milk	Cheese	Milk	Cheese	Milk	
		Banana	Mix fruit Macedonia	watermelon	Chocolate Cake	Mandarin	
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
	Main Protein	Fish pan Fried With Coconut curry sauce	Vegetable & chicken ( Morocco)	<b>Bolognese sauce</b>	Chicken marinated with yellow beans & spanish.	<b>Strogonooff Pork sausage</b>	
FDS YP		<b>Brown stew chicken leg</b>	<b>Roasted duck Rouladen</b>	<b>Fry chicken</b>	<b>Pizza peperoni</b>	<b>Mushroom chicken sauce</b>	

-  Pork
-  Beef
-  Chicken
-  Fish
-  Vegetarian

Nutritional Reading: \*

- Red Meat 6%
- Fish 2%
- White Meat 9%
- Vegetables 42%
- Fruits 10%
- Starch 29%
- Deep Fried 1%

\* Calculated over the whole week