



CANTEEN Menu

Chartwells	 FRENCH - GERMAN SCHOOL (Only German school) 				
WEEK 2	MONDAY (14-3-2022) FRENCH OFF	TUESDAY (15-3-2022) FRENCH OFF	WEDNESDAY (16-3-2022) FRENCH OFF	THURSDAY (17-3-2022) FRENCH OFF	FRIDAY (18-3-2022) FRENCH OFF
Trattoria (Pasta & pizza)	Tomato sauce / Chicken bolognese GRATIN	Tomato sauce / bacon & mushroom SAUCE	Gratin tomato sauce	Tomato sauce / sausages & tomato SAUCE	Gratin tomato sauce / Chicken & peppers
	Pizza Margarita / Pizza pepperoni	Pizza Margarita / Sausage & veggies pizza	Pizza Margarita	Pizza Margarita / Beef pizza	Pizza Margarita / Pizza chicken and cream
ASIAN (Taste of Asia)	Chicken teriyaki with udon noodles	kungpao chicken	Wonton with sweet thia soup	Beef cut noodles in curry soup	Yuxiang shredded pork with noodles
	Sweet & sour pork & pineapple with vegetables and rice	Duck leg lacquered, vegetables and fried rice	Cantonese fried rice, Tofu & vegetables	Chicken Xinjiang style with vegetables and rice	Steam fish in soy sauce
Chef's Table	Beef Gulasch	Chicken KEBAB plate(hummus,pita,spinach yogurth	Pork knuckles	Chicken cordon Blue,roasted potato & mustard sauce	Roasted Beef
Crave (Sandwiches & desserts)	Make your own sandwich from the sandwich station	Make your own sandwich from the sandwich station	Make your own sandwich from the sandwich station	Make your own sandwich from the sandwich station	Make your own sandwich from the sandwich station
	Daily Cake	Daily Cake	Daily Cake	Daily Cake	Daily Cake
Roots & Seeds (vegetarian station)	Japanese curry vegetables, pickles and homemade Bao zi	Crispy tofu & barley nori wraps with pickled cucumber	egg & tomato	Spanish vegetables PISTO, potato omelette and alioli sauce	Pumpkin coconut barley risotto

- 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 上海法租界德人孩子女学校					FRENCH - GERMAN SCHOOL		Deutsche Schule Shanghai Yangpu	
WEEK 2		MONDAY (14-3-2022) FRENCH OFF	TUESDAY (15-3-2022) FRENCH OFF	WEDNESDAY (16-3-2022) FRENCH OFF	THURSDAY (17-3-2022) FRENCH OFF	FRIDAY (18-3-2022) FRENCH OFF				
KDG		Chinesse marinate cucumber	Vegetables soup	Egg & corn salad	lentils Soup	Cucumber, carrot & tomato salad				
Eat Global Set		Slide bread	Dark Bread	Slide bread	Dark Bread	Soft roll				
		White rice	Chinesse Noodles	Steam potatoes	Italian Pasta	White rice				
		Green beans	Zucchini & carrots	Broccoli & cauliflower	Bok choy	Bok choy				
		Milk / Cheese	Milk / Cheese	Milk / Cheese	Milk / Cheese	Milk / Cheese				
		Banana	Watermelon	Mix fruit Macedonia	Chocolate cake	Mandarin				
		Salad Buffet	Salad Buffet	Salad buffet	Salad buffet	Salad buffet				
	Main Protein	Japanese chicken stew & vegetables	Pork meatballs in gravy sauce	Chicken schnitzel	Beef Stew	OMELETTE TUNA POTATO				
FDS YP		Sauteed Pork & vegetables	Blanquette de poulet	Braised pork	Egg roll with ham, cheese, spinach	Pork dumpling				



Nutritional Reading: *

Red Meat 6%
 Fish 2%
 White Meat 9%
 Vegetables 42%
 Fruits 10%
 Starch 29%
 Deep Fried 1%
 * Calculated over the whole week

