



FRENCH – GERMAN SCHOOL



WEEK 2	MONDAY (28-6-2021)	TUESDAY (29-6-2021)	WEDNESDAY (30-6-2021)	THURSDAY (1-7-2021)	FRIDAY (2-7-2021)
Trattoria (Pasta & pizza)	Tomato sauce / Gratin chicken past	Tomato sauce / Gratin Bolognese Pasta	Tomato sauce / Mushroom sauce	Tomato sauce / Bolognese gratin pasta	Tomato sauce / Mix peppers & Chicken sauce
	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)	Braised beef noodles	Braised meatballs in soya sauce with noodles	Shanghai style fried noodles	Mince pork noodels Xian style	Chicken curry with noodles
	Fish in Plum sauce	Chicken Hainan style with vegetables and rice	Kimchi fried rice with sunny egg	Duck leg lacquered, vegetables and fried rice	Sichuan Style Pork & cabbage with rice
Chef's Table	Cordon Blue, potato salad, mustard sauce	Lamb KEBAB with pita bread	Shusi rolls with daicon, cucumber salad & miso soup	Summer BBQ, Grilled Brisket, chimichurri, pasta salad & vegetables	Pork meatloaf with potato weges
Crave (Sandwiches & desserts)	Make your own sadwich from the sadwich station	Make your own sadwich from the sadwich station	Make your own sadwich from the sadwich station	Make your own sadwich from the sadwich station	Make your own sadwich from the sadwich station
	Daily Cake	Daily Cake	Daily Cake	Daily Cake	Daily Cake
Roots & Seeds (Vegetarian station)	Vegetarian Pakora with aromatized rice and raita sauce	Pisto with cous cous & fried egg	Indian vegetable curry	Spanish vegetables PISTO, potato omelette and alioli sauce	Cauliflower with carrot and onion, cheese Bechamel and Tofu

- Pork
- Beef
- Chicken
- Fish
- Vegetarian

Nutritional Reading: *

Red Meat 11%
 Fish 4%
 White Meat 12%
 Vegetables 36%
 Fruits 9%
 Starch 25%
 Deep Fried 1%

* Calculated over the whole week