



FRENCH – GERMAN SCHOOL



1	MONDAY (19-10-2020)	TUESDAY (20-10-2020)	WEDNESDAY (21-10-2020)	THURSDAY (22-10-2020)	FRIDAY (23-10-2020)
Trattoria (Pasta & pizza)	Tomato sauce / Granma chicken gratin	Tomato sauce / Carbonara sauce with brocolini	Tomato sauce / Pesto	Tomato sauce / Bolognese gratin	Tomato sauce / Putanesca Sauce
	Pizza Margarita / Pizza pepperoni	Pizza Margarita / Tuna & black olives	Pizza Margarita/Pizza with Mushroom	Pizza Margarita / ham with egg	Pizza Margarita / Pizza pepperoni
ASIAN (Taste of Asia)	Duck breast with noodles	Pork & pickles with noodles	Noodles & vegetables	Hand Ramen with chicken	Wonton soup
	Beef slices in oyster sauce with vegetables and rice	Kung Pao Chicken, vegetables and rice	Mapo tofu, vegetables and rice	Shanghai style fried noodles with vegetables and pork	Deep fried Fish sweet & sour sauce, vegetables and rice
Chef's Table (QingPu)	Konigsberg klopse (pork meatballs, capers sauce,potato,lemon)	Blanquette de veau (beef veal stew)	Gnocchi with tomato sauce and Pesto	Lamb leg caldereta	Apple roasted pork with gratin potato
Chef's Table (Yang Pu)	Chicken Fricassee with green beans and pasta	Apple roasted pork with gratin potato	Gnocchi with tomato sauce and Pesto	Fricadelle meatballs with mustard sauce, sauerkraut and mash potato	Beef brisket with chimichurri sauce, cauliflower, broccoli and roasted potatoes wedges
Crave (Sandwiches & desserts)	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert
Roots & Seeds (Vegetarian station)	Vegan cassoulet with potatoes	Vegetarian Wellington with beetroot sauce	Roasted vegetables with Japanese curry and steam bun	Vegetarian Knodel with roasted potatoes and purple cabbage (vegetarian dumplings)	Vegan Kimchijeon with vegetables & steam rice

- Pork
- Beef
- Chicken
- Fish
- Vegetarian

Nutritional Reading: *

Red Meat 10%
Fish 4%
White Meat 13%
Vegetables 35%
Fruits 9%
Starch 26%
 * Calculated over the whole week