



FRENCH - GERMAN SCHOOL



WEEK 4	MONDAY (14-9-2020)	TUESDAY (15-9-2020)	WEDNESDAY (16-9-2020)	THURSDAY (17-9-2020)	FRIDAY (18-9-2020)
Trattoria (Pasta & pizza)	Tomato sauce / Mushroom & onion	Tomato sauce / Chicken curry	Tomato sauce / Cheese gratin	Tomato sauce / Duck gratin	Tomato sauce / Pork Bolognese
	Pizza Margarita / Pizza sausages & onion	Pizza Margarita / Pizza ham & cheese	Pizza Margarita / Pizza olives & peppers	Pizza Margarita / Pizza beef	Pizza Margarita / Pizza Peppers & onion
ASIAN (Taste of Asia)	Chicken breast slices with noodles	Beef slices in soya sauce with noodles	Noodles & vegetables	Pork chop with noodles	Duck breast slices in soya with noodles
	Beef slice in curry sauce with vegetables and rice	Duck in soya with vegetables and rice	Sweet & sour mushroom & pineapple with vegetables and rice	Chicken finger spicy with vegetables and rice	Yuxiang shredded pork with vegetables and rice
Chef's Table (Yang Pu)	Chicken Schnitzel with mustard sauce, green beans and roasted potatoes	Slow Roasted Lamb with creamy Potato	Raviolis (spinach & feta) with red pepper sauce and cherry tomato	Beef burger & chips	Duck magret, white beans with vegetables and potatoes cubes
Crave (Sandwiches & desserts)	Bacon, cheese, egg and mayonnaise sandwich	Chicken, cheese, egg and mayonnaise sandwich	Tomato, cheese, egg and mayonnaise sandwich	Tuna, tomato, egg and mayonnaise sandwich	Ham, cheese, egg and mayonnaise sandwich
Roots & Seeds (vegetarian station)	Ratatouille with barley and egg	Parmigiana eggplant with pasta	Tikka masala cauliflower with aromatized basmati rice	Ratsherrenfanne with potatoes (stew vegetables)	Falafel, vegetables and couscous with yogurt sauce
	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing

- 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