



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)
EAT GLOBAL (Set menu)	Pumpkin Soup	Celery & potato soup	Carrot soup	Tomato & egg soup	Chickpea Soup
	Cherry tomatoes	Cherry tomatoes	Cherry tomatoes	Cherry tomatoes	Cherry tomatoes
	Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
	Pork a la bourguignonne	Chicken lasagne	Pan fried fish a la meuniere	Beef bolognese	Bacon & vegetables omelette
	Baked chicken breast with herbs	Duck sliced	Pork dumpling	Baked samosa	Duck Kung pao
	Sauté green beans	Steam Green vegetables	Sliced zucchini	Cabbage & garlic	Cauliflower & Broccoli
	Cous cous	Steam potato	Fried rice	Pasta	Pumpkin
	Yogurt	Slides cheese	Ice cream	Daily cake	Yogurt

- 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