

Canteen menu

FRENCH - GERMAN SCHOOL

Chartwells 



WEEK 9	MONDAY (27-2-23)	TUESDAY (28-2-23)	WEDNESDAY (3-1-23)	THURSDAY (3-2-23)	FRIDAY (3-3-23)
Trattoria (Pasta & pizza)	Tomato sauce / Chicken pasta /cheese sauce	Tomato sauce / Pork mac and cheese gratin	Tomato sauce/ Beef bolognese sauce	Tomato sauce/ Ham sauce /sautee mushroom	Tomato sauce / Mix peppers & Chicken sauce
	Pizza Margarita / Pizza pepperoni	Pizza Margarita / Pizza chicken BBQ	Pizza Margarita / Bacon pizza	Pizza Margarita / Pizza with tuna & black olives	Pizza Margarita / Mexican Beef pizza
ASIAN (Taste of Asia)	Beijing duck Noodles with Udoo Noodles	Yuxiang shredded pork Noodles	Chicken mushroom,pepper noodles	Shredded Duck in sao sauce	Kungpao chicken Noodles
	Fried spice Spare Ribs with vegetables and steam rice	Cantonese fried rice, Toffu & vegetables	Duck leg lacquered, vegetables and fried rice	Hainan Chicken, rice, green vegis	Green pepper, bean curd shreds & pork shreds
Chef's Table	Roasted Chicken leg with vegetable, Baked potatoes	Beef Lasagne	kebab plate, cous cous, pita bread, mix salad & tzatziki	Chicken cordon Blue,roasted potato & mustard sauce	Roasted Lamb Leg
Crave (Sandwiches & desserts)	Lentils soup & braised pork	Barley sooup & bacon	Minestrone soup	Beans soup & sausage	Chickpeas soup & chicken
	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
DESSERT	Apple strudel	Banana chocolate cake	New York cheese cake	Sacher cake	Bread pudding
Roots & Seeds (vegetarian station)	Vegetarian Burrito, beans & corn, rice with spicy cheese sauce	Mother-in-law spinach cake,roasted tubers & lentils salad	Red curry lentils, coconut rice and mix vegetables	Egg & tomato, rice & bok choy	Caribbean cheakpea curry with rice & beans, mango sauce & naan bread



Nutritional Reading: *

- Red Meat 10%
- Fish 4%
- White Meat 13%
- Vegetables 38%
- Fruits 9%
- Starch 23%
- Deep Fried 1%

* Calculated over the whole week

WEEK 9		MONDAY (27-2-23)	TUESDAY (28-2-23)	WEDNESDAY (3-1-23)	THURSDAY (3-2-23)	FRIDAY (3-3-23)
KDG		Chinesse marinate cucumber	Vegetarian cream	Egg,cherry & corn salad	Carrot soup	Cabbage Salad
Eat Golbal Set		Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
		White rice	Italian pasta	Baked potatoes	Black & white rice	Steam potatoes
		Zucchini & carrot / Roasted pumpkin	Cabbage slices / Mix vegetables & tofu wok	Roasted broccoli & cauliflower / Purple cabbage	Green peas,corn & carrot / Chinesse green vegetables	Bok choy / Ratauille
		Milk / Yoghurt	Milk / Cheese	Milk / Yoghurt	Special Cheese	Milk / Yoghurt
		Banana	Mix fruit Macedonia	Watermelon	Lemon cake	Mandarin
		Salad Buffet	Salad Buffet	Salad buffet	Salad buffet	Salad buffet
	Main Protein	Chicken stew	Pork bolognesa	Pork Sausague & vegetables in tomato sauce	Beef quesadillas	Cheese Pizza
YP FDS		Sausage & vegetables with cheese sauce	Baked Chicken with roasted vegetables	Fish fingers	Duck sliced with berries sauce	Meat Ball

- Pork
- Beef
- Chicken
- Fish
- Vegetarian

Nutritional Reading: *

Red Meat 2%
 Fish 4%
 White Meat 12%
 Vegetables 45%
 Fruits 10%
 Starch 24%
 Deep Fried 1%
 * Calculated over the whole week

