



FRENCH – GERMAN SCHOOL



WEEK 5		MONDAY (28-6-2021)	TUESDAY (29-6-2021)	WEDNESDAY (30-6-2021)	THURSDAY (1-7-2021)	FRIDAY (2-7-2021)
KDG		Cabbage & tomato Soup	Pumpkin Soup	Potatoes & zucchini Soup	Mushroom & egg soup	Lentil soup
		Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
		Steam potato	Pasta	White rice	French fries	White rice
		Cheery tomato	Sliced cucumber with carrot	Cous cous with diced tomato salad	Ice-cream	Mandarin / Banana / Pear
		Yogurt	Cheese	Yogurt	Cheese	Yogurt
		Banana / Mandarin / Pear	Mix fruit Macedonia	watermelon	Vegetables Ratatouille	Bok choy
		Baked Zucchini & carrot	Cabbage slices	Roasted broccoli & cauliflower	Chickpeas with diced cucumber and tomato salad	Boiled Egg
	Main Protein	Fish in Plum sauce	Bolognese sauce	Indian chicken curry	Margherita pizza	Beef bourguignon
FDS YP		Brown stew chicken leg	Roasted duck in soya sauce	Fried boneless pork chops	Chicken schnitzel	Vege spring roll

- 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