



FRENCH – GERMAN SCHOOL



5	MONDAY (16-11-2020)	TUESDAY (17-11-2020)	WEDNESDAY (18-11-2020)	THURSDAY (19-11-2020)	FRIDAY (20-11-2020)
<b>Trattoria</b> (Pasta & pizza)	Tomato sauce / mix pepper and cauliflower gratin	Tomato sauce / Sausages & cabbage	Tomato sauce / Pesto	Tomato sauce / Chicken & onion gratin	Pizza Margarita / Pizza Salami
	Pizza Margarita / Pizza pepperoni	Tomato sauce / Bacon & cheese	Pizza Margarita / Pizza mushroom & cream	Pizza Margarita / Pizza tuna	Pizza Margarita / Pizza chicken BBQ
<b>ASIAN</b> (Taste of Asia)	Teriyaki chicken noodles	Yuxiang shredded pork Noodles	Stir-fried wide rice noodles with vegetables	Beef Noodles	Kungpao chicken Noodles
	Sichuan pork style with vegetables and steam rice	Curry beef brisquet, vegetables and steam rice	Cantonese rice with vegetables	Hainan chicken, vegetables and fried rice	Sweet & sour pork with vegetables and rice
<b>Chef's Table</b> (QingPu)	Chicken butterfly with tomato salsa & potato Gratin	Beef quesadillas, potato wedges, salsa sauce		Chicken pop-corns, cowslow & corn	Roast Lamb, apple compote, fried rice
<b>Chef's Table</b> (Yang Pu)	Beef quesadillas with salsa sauce & Nachos	Lamb leg carving, roasted mix vegetables and potatoes gratin	Vegetarian lasagna	German sausages, sourkraut and mash potato homemade	Fish & chips, green peas and tartare sauce
<b>Crave</b> (Sandwiches & desserts)	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert	Daily Sandwiches & dessert
	Apple cake	Carrot cake	Lemon meringue mousse cake	Chocolate cake roll	Chocolate & custard Eclairs
<b>Roots &amp; Seeds</b> (Vegetarian station)	Zucchini boat with pisto	Thailand coconut red curry	Vegetables saltado with tacu tacu	Vegetarian Burrito with cream cheese and black beans	Falafel, vegetables and couscous with yogurt sauce

- 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