



FRENCH – GERMAN SCHOOL



WEEK 1	MONDAY (19-4-2021)	TUESDAY (20-4-2021)	WEDNESDAY (21-4-2021)	THURSDAY (22-4-2021)	FRIDAY (23-4-2021)
Trattoria (Pasta & pizza)	Gratin tomato sauce / Pork Bolognese GRATIN	Tomato sauce / chicken BBQ SAUCE	Gratin tomato sauce	Tomato sauce / Bolonesa GRATIN	
	Energy (Kcal):237 Protein (g):11 Carbohydrate (g): 26 Fat (g):10	Energy (Kcal): 264 Protein (g): 9 Carbohydrate (g): 30 Fat (g): 12	Energy (Kcal):237 Protein (g):11 Carbohydrate (g): 26 Fat (g):10	Energy (Kcal):268 Protein (g): 10 Carbohydrate (g): 30 Fat (g):12	
	Marherita pizza / Ham pizza	Marherita pizza / Salami pizza	Marherita pizza / Vegetables pizza	Marherita pizza / Bacon pizza	
	Energy (Kcal):237 Protein (g):11 Carbohydrate (g): 26 Fat (g):10	Energy (Kcal):237 Protein (g):11 Carbohydrate (g): 26 Fat (g):10	Energy (Kcal):237 Protein (g):11 Carbohydrate (g): 26 Fat (g):10	Energy (Kcal):255 Protein (g):13 Carbohydrate (g): 26 Fat (g):11	
ASIAN (Taste of Asia)	Duck breast with noodles	Pork & pickles with noodles	Tomato & egg noodels	Hand Ramen with chicken	
	Thai red fish curry	Kung Pao Chicken, vegetables and rice	Mapo tofu with z-row, vegetables and rice	Fried duck breast with cumin, vegetables and rice	
Chef's Table (Yang Pu)	Nachos Chile con carne, sour cream & salsa	Chicken cordon Blue,roasted potato & mustard sauce	Hot dog with french fries	Beef argentino cake	
	Energy (Kcal): 284 Protein (g): 12 Carbohydrate (g): 23 Fat (g): 16	Energy (Kcal): 266 Protein (g): 10 Carbohydrate (g): 25 Fat (g): 14	Energy (Kcal): 194 Protein (g): 10 Carbohydrate (g): 25 Fat (g): 6	Energy (Kcal): 302 Protein (g): 15 Carbohydrate (g): 20 Fat (g): 18	
Crave (Sandwiches & desserts)	Daily cake	Daily cake	Daily cake	Daily cake	
	Daily DIY sandwich	Daily DIY sandwich	Daily DIY sandwich	Daily DIY sandwich	Daily DIY sandwich
Roots & Seeds (Vegetarian station)					
	Daily DIY Salad	Daily DIY Salad	Daily DIY Salad	Daily DIY Salad	

|Pork
|Beef
|Chicken
|Fish
|Vegetarian

Nutritional Reading: *

Red Meat 10%
Fish 4%
White Meat 13%
Vegetables 35%
Fruits 9%
Starch 26%
Deep Fried 1%