



FRENCH – GERMAN SCHOOL



	MONDAY (19-10-2020)	TUESDAY (20-10-2020)	WEDNESDAY (21-10-2020)	THURSDAY (22-10-2020)	FRIDAY (23-10-2020)
EAT GLOBAL (Set menu)	leek cream	West lake beef soup	Green pea & ment Soup	Yam & tofu soup	Pumpkin Soup
	Carrot salad	Cherry tomatoes	Cucumber sliced	Carrot salad	Cherry tomatoes
	Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
	Sausage Stew	Duck a L'orange	Steam fish in soy sauce	Beef bolognaise	Duck breast tomato sauce
	Blanquette de poulet	Pork meat balls	Zigeuner schnitzel	Baked spring rolls	Pizza peperoni
	Sauté green beans	Diced Carrot & potato	Brocolini & coliflower gratin	Green peas & corn	Sauté zucchini
	Steam rice	Mashed Potato	Fried rice	Pasta	Cous cous
	Yogurt	Cheese	Yogurt	Cheese	Yogurt
	Banana	Mix fruit	Watermelon	apple cake	Melon

- Pork
- Beef
- Chicken
- Fish
- Vegetarian

Nutritional Reading: *

Red Meat 6%

Fish 2%

White Meat 9%

Vegetables 42%

Fruits 10%

Starch 29%

* Calculated over the whole week