



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>EAT GLOBAL</b> (Set menu)	Onion Soup	Vegetables Soup	Potatoes & leek Soup	Carrot & celery Soup	Mushroom Soup
	Cucumber sliced	carrot salad	Cherry tomatoes	chicpeas salad	carrot salad
	Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
	Steam fish in lemon	Beef slides in soya	Meat balls in tomato sauce	Tuna Pizza & vegetables	Pork Goulash
	Duck breast in orange sauce	Chicken Kung pao	Beef quiche	Duck in soya	Chicken sweet & sour with pineapple
	Green beans with carrot	Green peas with onion and carrots	Sweet corn	Green beans	Broccoli with carrot
	white rice	Gratin potato	Pasta	Fried rice	Couscous
	Yogurt / Cheese	Yogurt / Cheese	Yogurt / Cheese	Yogurt / Cheese	Yogurt / Cheese
	Banana	Apple Salad	Watermelon	Lemon 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