



FRENCH – GERMAN SCHOOL



WEEK 5		MONDAY (19-4-2021)	TUESDAY (20-4-2021)	WEDNESDAY (21-4-2021)	THURSDAY (22-4-2021)	FRIDAY (23-4-2021)
EAT GLOBAL (Set menu)		Onion Soup	Seasonal Vegetables Soup	Potatoes & leek Soup	Mushroom Soup	Garlic Soup
		Chinese cucumber salad	cherry tomtoes & black olives salad	egg & corn salad	Southwestern lentils Salad	Russian salad
		Slide bread & cheese	Slide bread & cheese	Slide bread & cheese	Slide bread & cheese	Slide bread & cheese
		Beef rice noodles with leek & vegetables	Salami Cheese & vegetables pizza	Meat balls in tomato sauce	Steamed fish	Baked chicken leg with tomato, onion and olives
		Chicken fricassee	Slow Roasted Pork	Duck confit in soy sauce	Baked chicken with herbs	Sauteed sliced beef in chili sauce
		Green beans with Garlic & onion	Green peas, carrots & corn	Vegetables Mirepoix	Broccoli & corn	Grilled sweet corn
		Baked potatoes	Vegetables fried rice	Pasta	Steam rice	french fries
		Yogurt	Yogurt / Cheese	Yogurt / Cheese	Yogurt / Cheese	Yogurt / Cheese
		Banana / Mandarin / Pear	Mix fruit Macedonia	Watermelon	Sponge cake	Mandarin / Banana / Pear

- Pork
- Beef
- Chicken
- Fish
- Vegetarian
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Weekly Nutrition Label	Intake amount	Caloris %
Protein(g)	25	18%
Fat (g)	16	26%
Carbohydrate (g)	80	57%
Energy (kcal)	564	100%
Calcium(mg)	467	N/A

Nutritional Reading: *

- Red Meat 5%
- Fish 2%
- White Meat 10%
- Vegetables 47%
- Fruits 10%
- Starch 23%
- Deep Fried 1%

* Calculated over the whole week