



# FRENCH – GERMAN SCHOOL



4	MONDAY (11-1-2021)	TUESDAY (12-1-2021)	WEDNESDAY (13-1-2021)	THURSDAY (14-1-2021)	FRIDAY (15-1-2021)
<b>EAT GLOBAL</b> (Set menu)	Carrot Soup	Tom Yum soup	Onion soup	Mushroom soup	Miso Soup
	Cucumber & tomato salad	Egg salad	Cucumber & carrot salad	Chickpea salad	Carrot & tomato salad
	Slide bread	Slide bread	Slide bread	Slide bread	Slide bread
	Lemon Chicken stew	Duck sliced in soy sauce	Pan fried fish with tartare sauce	Beef bourguignon	Vegetables omelette
	Pork a la bourguignonne	Chicken masala	Pork Chongqing style	Spring rolls	Duck Kung pao
	Sauté green beans	Roasted eggplant with spices	Lotus vegetables	Sliced Cabbage & garlic	Cauliflower & carrot
	Roasted potato	Cous cous	Fried rice	Pasta	Roasted pumpkin
	Yogurt	Yogurt /Cheese	Yogurt	Yogurt /Cheese	Yogurt
	Banana	Watermelon	Apple salad	Cake	Mandarin

- 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