



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>Trattoria</b> (Pasta & pizza)	Tomato sauce / Gratin chicken pasta	Tomato sauce / Carbonara sauce	Tomato sauce/ Mushroom sauce	Tomato sauce / Bolognese gratin pasta	Tomato sauce / Mix peppers & Chicken sauce
	Pizza Margarita / Pizza pepperoni	Pizza Margarita / Sausage & veggies pizza	Pizza Margarita	Pizza Margarita / Beef pizza	Pizza Margarita / Pizza chicken and cream
<b>ASIAN</b> (Taste of Asia)	Chicken breast slices with noodles	Black pepper beef noodles	Egg & tomato Noodles	Pork chop with noodles	Duck breast slices in soya with noodles
	Braised beef with vegetables and rice	Duck in soya with vegetables and rice	Sauté 3 mushroom with oyster sauce vegetables and rice	Sichuan favor roasted fish with rice	Yuxiang shredded pork with vegetables and rice
<b>Chef's Table</b> (Yang Pu)	Honey ham, vegetables and roasted potatoes	Beef burger & chips	Raviolis (spinach & feta) with red pepper sauce and cherry tomato	Chicken Schnitzel, green beans and roasted potatoes	Duck Margret, white beans with vegetables and potatoes cubes
<b>Crave</b> (Sandwiches & desserts)	Meat balls sandwich with salami and cheese	Banh Pork sandwich (marinated pork, pickles and mayonnaise)	Grilled vegetables & cheese sandwich	CLT with egg sandwich (chicken, lettuce, tomato and egg)	Pork burrito sandwich (pork, vegetables, beans and cheese)
	Apple strudel	Banana chocolate cake	New York cheese cake	Sacher cake	Bread pudding
<b>Roots &amp; Seeds</b> (vegetarian station)	Kartoffelpuffer (potato pancake)	Falafel, vegetables and couscous with yogurt sauce	Tikka masala cauliflower with aromatized rice	Parmigiana eggplant	Ratatouille
	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing	Daily cooked mix vegetables bowl with fresh dressing

- Pork
- Beef
- Chicken
- Fish
- Vegetarian

**Nutritional Reading: \***

Red Meat 10%

Fish 4%

White Meat 13%

Vegetables 38%

Fruits 9%

Starch 23%

Deep Fried 1%

\* Calculated over the whole week