

Deutsche Schule Menu April 5-9, 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|--|--|---|
| Vietnames-Asian | Stewed Pork Ribs with White Beans, Rice and Vegetables | Orange Chicken Leg with Rice and Vegetables | Sauteed Beef with Onions served with Rice and Vegetables | Basa Fillet Rolled with Asian Herbs, Rice and Vegetables [f] | Thai Beef Curry with Rice, and Vegetables |
| Western | Macaroni and Cheese with Assorted Vegetables [e,g,m] | Marinated Sliced Beef with Roasted Potatoes and Vegetables | Herb Roasted Chicken with Fried Rice and Vegetables | Roasted Pork Loin, with Gravy, Garlic Mash, and Buttered Green Beans [m,g] | Penne Carbonara with Bacon and Vegetables [m, g] |
| Vegetarian | Spaghetti with Napoli Sauce and Steamed Vegetables [g,e] | Tofu and Onion Stir Fry with Rice and Vegetables [sb] | Lentil and Vegetable Croquettes with Tossed Vegetables [m,e] | Grilled Vietnamese Eggplant with Rice and Vegetables [f,sb] | Tofu and Sweet Potato Curry with Rice and Vegetables [sb] |
| Morning Snack | <i>Toasted Granola with Yogurt, Diced Fruit and Milk</i> | Egg and Cheese Burrito Bites with Milk | <i>Bun Rieu / Fresh Fruit and Milk</i> | <i>Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk</i> | <i>Toasted Granola with Yogurt, Diced Fruit and Milk</i> |
| Afternoon Snack | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit with a Snack and Juice | Fresh Tropical Fruit and Vegetables with Hummus with Juice | Fresh Tropical Fruit with a Snack and Juice |
| SALAD | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |

[sb]-contains soybean [e]- contains egg [f]- contains fish [g]- contains gluten [m]- contain dairy

Deutsche Schule Menu April 12-16, 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|---|--|--|
| Vietnames-Asian | Sauteed Pepper Beef with Vegetables and Steamed Rice | BBQ Chicken Leg with Rice, and Vegetables | Roasted Xa Xiu Pork with Rice and Vegetables | Baked Fish with Rice and Vegetables [f] | Asian Spiced Chicken with Rice and Vegetables |
| Western | Creamy Chicken and Mushroom Pasta with Vegetables [m,g] | Marinated Beef with Roasted Potatoes and Vegetables | Breaded Chicken with Fried Rice and Vegetables [g,e] | Italian Marinated Pork Chop with Roasted Potatoes and Vegetables | Spaghetti and Meatballs with Tomato Sauce and Vegetables [g] |
| Vegetarian | Meditereanean ChickPea Pasta with Sauteed Vegetables [g] | Tofu and Onions with Asian Tomato Sauce, Rice and Vegetables [sb] | Tomatoes Stuffed with Lentils and Tofu with Vegetables [sb] | Eggplant Parmesan with Roasted Potatoes and Vegetables [e,g,m] | Sauteed Vegetables and Tofu with Egg Noodles [e,sb] |
| Morning Snack | Pho with Fruit and Milk | Ham and Cheese Baguette Bite with Fresh Fruit and Milk | Toasted Granola with Yogurt, Diced Fruit and Milk | Pho Ga with Fruit and Milk | Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk |
| Afternoon Snack | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit with a Snack and Juice | Fresh Tropical Fruit and Vegetables with Hummus with Juice | Fresh Tropical Fruit with a Snack and Juice |
| SALAD | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |

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Deutsche Schule Menu April 19-23, 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|---|------------------|---|---|
| Vietnames-Asian | Stewed Chicken with Ginger, Rice and Vegetables | Baked Fish with Rice and Bok Choy [f] | National Holiday | Sweet and Sour Fish Bites served with Rice and Vegetables [f] | Vietnamese Pork Cutlets with Green Onion, Rice and Vegetables |
| Western | Spaghetti Bolognese with Mixed Vegetables [g] | Pork Schnitzel with Roasted Potatoes and Vegetables [e,g] | National Holiday | Sliced Pork Tenderloin with Roasted Apples, Roasted Potatoes and Vegetables | Mediterranean Pasta with Grilled Chicken and Steamed Vegetables [g] |
| Vegetarian | Caramelised Mushroom, Carrots and Vegetables with Rice | Lemongrass Tofu with Rice and Vegetables [sb] | National Holiday | Tofu and Vegetable Stir Fried Noodles [sb] | Penne Pasta with Napoli Sauce and Mixed Vegetables [e,g] |
| Morning Snack | <i>Toasted Granola with Yogurt, Diced Fruit and Milk</i> | Egg and Cheese Burrito Bites with Milk | National Holiday | <i>Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk</i> | <i>Toasted Granola with Yogurt, Diced Fruit and Milk</i> |
| Afternoon Snack | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit and Vegetables with Dip with Juice | National Holiday | Fresh Tropical Fruit and Vegetables with Hummus with Juice | Fresh Tropical Fruit with a Snack and Juice |
| SALAD | Mixed Italian Salad | Asian/Vietnamese Salad | National Holiday | Middle Eastern Themed Salad | Tex Mex Salad |

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Deutsche Schule Menu April 26-30, 2021

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|---|---|--|
| Vietnames-Asian | Cubed Beef with Red/Green Capsicum, Onions, Rice and Vegetables | Braised Pork and Egg with Rice and Sauteed Water Spinach [e] | Sauteed Beef with Egg Noodles and Vegetables [e] | Chicken Teriyaki with Rice and Vegetables [g, sb] | Egg Foo Yung with Pork Meat, Rice and Vegetables [e] |
| Western | Penne Carbonara with Bacon and Vegetables [g, e, m] | Baked Fish with Roasted Potatoes and Vegetables [f] | Citrus Marinated Chicken with Vegetable Fried Rice and Vegetables [g] | BBQ Pork Ribs with Roasted Potatoes and Vegetables [m, g] | Chicken Lasagna with Steamed Vegetables [e, g, m] |
| Vegetarian | Cubed Tofu with Red/Green Capsicum, Onions, Rice and Vegetables [sb] | Medley of Brown Rice with Tofu and Vegetables [sb, g] | Vegan Chili with Coriander Rice and Vegetables | Tofu Teriyaki with Rice and Vegetables [sb, g] | Vegetarian Lasagna with Steamed Vegetables [e, g] |
| Morning Snack | <i>Toasted Granola with Yogurt, Diced Fruit and Milk</i> | Egg and Cheese Burrito Bites with Milk | <i>Beef Pho with Fresh Fruit and Milk</i> | <i>Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk</i> | <i>Special Snack of the Day</i> |
| Afternoon Snack | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit and Vegetables with Dip with Juice | Fresh Tropical Fruit with a Snack and Juice | Fresh Tropical Fruit and Vegetables with Hummus with Juice | Fresh Tropical Fruit with a Snack and Juice |
| SALAD | Mixed Italian Salad | Asian/Vietnamese Salad | Mediterranean Salad | Middle Eastern Themed Salad | Tex Mex Salad |

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