

**Deutsche Schule Menu November 30-December 4, 2020**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	Sweet and Sour Pork with Rice and Vegetables [e,g]	Glazed Chicken Leg with Rice and Vegetables	Lemongrass Beef with Rice and Vegetables	Vietnamese Style Roasted Fish with Rice and Vegetables [f,e]	Stewed Chicken Curry with Rice and Vegetables
<b>Western</b>	Spaghetti and Grilled Chicken with Pesto Cream Sauce and Vegetables [g,e,m]	Breaded Fish with Potatoes and Vegetables [e,g]	Grilled Sausage with Sauteed Onions and Peppers, Fried Rice and Vegetables [e,g]	Beef Schnitzel with Tomato Sauce, Potatoes and Vegetables [e,g]	Spaghetti Bolognese with Steamed Vegetables [m,g]
<b>Vegetarian</b>	Sweet and Sour Tofu with Rice and Vegetables [sb]	Pumpkin and ChickPea Curry with Steamed Rice	Cha Chay with Rice and Vegetables [sb]	Tofu Stuffed with Vegetables served with Rice and Vegetables [sb]	Lentil Curry with Rice and Vegetables
<b>Morning Snack</b>	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
<b>Afternoon Snack</b>	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
<b>SALAD</b>	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 December 7-11, 2020**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b><i>Vietnames-Asian</i></b>	Stewed Pork Ribs with White Beans, Rice and Vegetables	Orange Chicken Leg with Rice and Vegetables	Sauteed Beef with Egg Noodles and Vegetables [e]	Basa Fillet Rolled with Asian Herbs, Rice and Vegetables [f]	Thai Beef Curry with Rice, and Vegetables
<b><i>Western</i></b>	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]
<b><i>Vegetarian</i></b>	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]
<b><i>Morning Snack</i></b>	<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>
<b><i>Afternoon Snack</i></b>	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
<b><i>SALAD</i></b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad

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**Deutsche Schule Menu December 14-18, 2020**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b><i>Vietnames-Asian</i></b>	Sauteed Pepper Beef with Vegetables and Steamed Rice	BBQ Chicken Leg with Rice, and Vegetables	Pork Spring Rolls with Rice Noodles and Vegetables	Baked Fish with Rice and Vegetables [f]	School Holiday
<b><i>Western</i></b>	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	School Holiday
<b><i>Vegetarian</i></b>	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]	School Holiday
<b><i>Morning Snack</i></b>	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	School Holiday
<b><i>Afternoon Snack</i></b>	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	School Holiday
<b><i>SALAD</i></b>	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	School Holiday

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