

Deutsche Schule Menu February 1-5, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Sauteed Pepper Beef with Vegetables and Steamed Rice	BBQ Chicken Leg with Rice, and Vegetables	Xa Xiu 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]	~Mac N' Cheese~ Italian Pasta Baked in Creamy 4 Cheese Sauce & Topped w/ Crispy Onions. Served w/ Vegetables [m,g]	Baked pasta with cheese	Sauteed Vegetables and Tofu with Egg Noodles [e,sb]
Morning Snack	Banh canh soup	Ham and Cheese Baguette Bite with Fresh Fruit and Milk	Noodle soup	Bun rieu soup	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

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

Deutsche Schule Menu February 8-12, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Stir Fried Chicken w/ Mushrooms Served w/ Rice & Vegetables [sb]	StirFried Beef & Noodles w/ Morning Glory Served w/ Vegetables [g,e,sb]	Stewed pork & eggs with rice	TET HOLIDAY	TET HOLIDAY
Western	Tender Fish Fillet Baked w/ Lemon & Served w/ Rice Pilaf & Vegetables [f]	Chicken Breast Stuffed w/ Mushrooms, Spinach Served w/ Potatoes & Vegetables [m,g,e]	Sliced Smoked Sausage Served w/ Rice and Vegetables [g,m]	TET HOLIDAY	TET HOLIDAY
Vegetarian	Stir Fried Tofu & Vegetables w/ Teriyaki Glaze & Scallions Served w/ Rice [sb]	Rice Noodles with Vegetarian Spring Rolls, Vegetables Dressed with Asian Sauce [sb,g]	~ Vegan ~ Cilantro Falafel Served w/ Baked Pita Bread, fresh cucumber, tomato, lettuce & Garlic-Dill Sauce [g,m]	TET HOLIDAY	TET HOLIDAY
Morning Snack	U6 > Toasted Granola with Yogurt, Diced Fruit and Milk Lop 1-11 > (Banh uot)	Egg and Cheese Burrito Bites with Milk	Banh canh soup	TET HOLIDAY	TET HOLIDAY
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	TET HOLIDAY	TET HOLIDAY
SALAD	Mixed Italian Salad	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad

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Deutsche Schule Menu February 22-26, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Stewed Chicken with Ginger, Rice and Vegetables	Baked Fish with Rice and Bok Choy [f]	Pork Spring Rolls with Rice Noodles and Vegetables	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]	Herb and Mustard Marinated Chicken with Mashed Potatoes and Vegetables [m]	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]	Grilled Vegetable Skewers with Rice Pilaf and Spiced ChickPeas	Tofu and Vegetable Stir Fried Noodles [sb]	Penne Pasta with Napoli Sauce and Mixed Vegetables [e,g]
Morning Snack	Noodle soup with pork Nui thit heo	Ham and Cheese Baguette Bite with Fresh Fruit and Milk	Veggie soup with beef Sup bo ham	Rice noodle with fish cake Bun cha ca	Egg sandwich Banh mi trung 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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