

Deutsche Schule Menu January 30-February 3, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Sweet and Sour Pork with Rice and Vegetables [e,g]	Glazed Chicken Leg with Rice and Vegetables	Lemongrass Beef with Rice and Vegetables	Herbed Crusted Fish served with Noodles and Vegetables [f,e]	Stewed Chicken Curry with Rice and Vegetables
Western	Penne Pesto Cream Sauce with Chicken 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 and Meatballs with Tomato Sauce and Vegetables [g]
Vegetarian	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
Morning Snack	<i>Star noodle soup, Diced Fruit and Milk</i>	Egg and Cheese Burrito Bites with Milk	Banh canh soup	<i>Baguettes with ham and cheese, Fruit and Milk</i>	<i>Hu Tieu soup, 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 February 6-10, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Red Curry Beef with Rice and Vegetables	Tumeric and Dill Marinated Fish with Rice Noodles and Vegetables [f]	Grilled Asian Style Chicken with Rice and Vegetables [m]	Stir Fried Beef with Rice Noodles and Vegetables	Grilled Pork with Rice Noodles and Vegetable (Bun Cha) [e,g]
Western	Pasta with Sliced Sausage, Tomato Sauce and Vegetables [g]	Sauteed Chicken with Onions and Capsicum with Fresh Salsa and Mexican Rice [g,m]	Spanish Style Fish and Mashed Potatoes with Vegetables [e,g,m]	BBQ Pork and Vegetables Kebabs with Roasted Potatoes	Spaghetti and Grilled Chicken with Pesto Cream Sauce and Vegetables [g,e,m]
Vegetarian	Pasta Primavera with Mixed Vegetables [e,g]	Vegan Chilli with Fresh Salsa and Mexican Rice [g,m]	Vegetable Tempura with Rice [sb,e,g]	Fried Rice with Tofu and Vegetables [sb]	Sweet and Sour Tofu with Rice and Vegetables [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 (U6) Banh uot cha lua (school)	Banh Canh soup 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 February 13-17, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	<i>Stewed Pork Ribs with White Beans, Rice and Vegetables</i>	<i>Orange Chicken Leg with Rice and Vegetables</i>	Thai Beef Curry with Rice, and Vegetables	<i>Basa Fillet Rolled with Asian Herbs, Rice and Vegetables [f]</i>	<i>Ginger Chicken Stir Fry with Rice and Vegetables</i>
Western	<i>Macaroni and Cheese with Assorted Vegetables [e,g,m]</i>	<i>Marinated Sliced Beef with Roasted Potatoes and Vegetables</i>	<i>Grilled Chicken with Tomato Sauce, Fried Rice and Vegetables</i>	<i>Beef Rolled with Cheese with Roasted Potatoes and Vegetables [g,e,m]</i>	<i>Penne Carbonara with Ham and Vegetables [m, g]</i>
Vegetarian	<i>Spaghetti with Napoli Sauce and Steamed Vegetables [g,e]</i>	<i>Tofu and Onion Stir Fry with Rice and Vegetables [sb]</i>	<i>Lentil and Vegetable Croquettes with Tossed Vegetables [m,e]</i>	<i>Grilled Vietnamese Eggplant with Rice and Vegetables [f,sb]</i>	<i>Tofu and Sweet Potato Curry with Rice and Vegetables [sb]</i>
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 (U6) Banh uot cha lua (school)	Banh Canh soup 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 February 20-24, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Chicken and Sweet Potato Curry with Rice and Vegetables [m]	Crispy Fish with Nasi Goreng Rice and Veg [f,e,g]	Korean Style Beef Rolled with Vegetables and Cheese served with Rice [m]	Singapore Fried Noodles with Pork, Egg and Vegetables [e]	Coconut Ginger Chicken with Rice and Vegetables
Western	Penne with Slow Cooked Pork Shoulder in a Tomato Sauce with Steamed Vegetables [g]	German Beef Schnitzel with a Mushroom Sauce, Roasted Potatoes and Veg [m,e,g]	Texas Chicken Casserole with Mexican Fried Rice and Vegetables [m]	Grilled Fish with Golden Potatoes and Stewed Ratatouille [f]	Beef Lasagna with Steamed Vegetables [m,g]
Vegetarian	Spaghetti with Napoli Sauce and Steamed Vegetables [g]	Tofu Stuffed with Vegetables served with Steamed Rice [sb]	Glazed Tofu with Rice and Vegetables [sb]	Grilled Vegetable Ratatouille with Rice	Vegetarian Lasagna with Steamed Vegetables [g,m]
Morning Snack	<i>Star noodle soup, Diced Fruit and Milk</i>	Egg and Cheese Burrito Bites with Milk	Banh canh soup	<i>Baguettes with ham and cheese, Fruit and Milk</i>	<i>Hu Tieu soup, 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

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Deutsche Schule Menu February 27-March 3, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Sauteed Pepper Beef with Vegetables and Steamed Rice	BBQ Chicken Leg with Rice, and Vegetables	Stewed Beef Served w/ Rice & Vegetables [sb]	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	Mediterranean 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 (U6) Banh uot cha lua (school)	Banh Canh soup 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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