

Deutsche Schule Menu January 11-15, 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,g]	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	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

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

Deutsche Schule Menu January 18-22, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-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 Fish Balls and Noodle Stir Fry with Vegetables [f,e]	Stewed Chicken Curry with Rice and Vegetables
Western	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]
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>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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Deutsche Schule Menu January 25-29, 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	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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