

**Deutsche Schule Menu May 30-June 3, 2022**

|                         | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|-------------------------|---|---|--|---|---|
| <b>Vietnamese-Asian</b> | Stewed Chicken with Ginger, Rice and Vegetables         | Baked Fish with Rice and Bok Choy [f]                     | Singapore Fried Noodles with Sliced Beef and Vegetables [e]                | Sweet and Sour Fish Bites served with Rice and Vegetables [f]               | Vietnamese Pork Cutlets with Green Onion, Rice and Vegetables       |
| <b>Western</b>          | 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] |
| <b>Vegetarian</b>       | 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]            |
| <b>Morning Snack</b>    | <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>                           |
| <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 June 6-10, 2022**

|                         | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|-------------------------|--|--|--|--|---|
| <b>Vietnamese-Asian</b> | 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]                |
| <b>Western</b>          | 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] |
| <b>Vegetarian</b>       | 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]                           |
| <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 <b>(U6)</b><br><br>Banh uot cha lua (school) | Banh Canh soup 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   |

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**Deutsche Schule Menu June 13-17, 2022**

|                         | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  |
|-------------------------|---|--|---|--|--|
| <b>Vietnamese-Asian</b> | Claypot Fish with Steamed Rice and Vegetables [f, sb]   | Braised Pork and Egg with Rice and Sauteed Water Spinach [e] | Peppered Beef with Onions, Steamed Rice and Vegetables [sb] | Chicken Teriyaki with Rice and Vegetables [g, sb]          | Egg Foo Yung with Pork Meat, Rice and Vegetables [e] |
| <b>Western</b>          | Spaghetti Bolognese with Mixed Vegetables [g]           | Baja Fish Taco Bowl with Garlic Sauce [g, e, m]              | Roasted Chicken with Potatoes and Vegetables [g]            | BBQ Pork Ribs with Roasted Potatoes and Vegetables [m, g]  | Chicken Lasagna with Steamed Vegetables [e, g, m]    |
| <b>Vegetarian</b>       | Caramelised Mushroom, Carrots and Vegetables with Rice  | Crispy Tofu Taco Bowl with Garlic Sauce [g, e, m]            | Vegan Chilli with Coriander Rice and Vegetables             | Tofu Teriyaki with Rice and Vegetables [sb, g]             | Vegetarian Lasagna with Steamed Vegetables [e, g]    |
| <b>Morning Snack</b>    | <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>            |
| <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  |

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**Deutsche Schule Menu June 20-24 2022**

|                         | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|-------------------------|---|---|--|---|--|
| <b>Vietnamese-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   | Herbed Crusted Fish served with Noodles and Vegetables [f,e]      | Stewed Chicken Curry with Rice and Vegetables                  |
| <b>Western</b>          | 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]   |
| <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 <b>(U6)</b><br><br>Banh uot cha lua (school) | Banh Canh soup 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  |

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**Deutsche Schule Menu June 27-July 1, 2022**

|                         | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|-------------------------|--|--|--|--|---|
| <b>Vietnamese-Asian</b> | Stewed Pork Ribs with White Beans, Rice and Vegetables   | Orange Chicken Leg with Rice and Vegetables                | Thai Beef Curry with Rice, and Vegetables                    | Basa Filet Rolled with Asian Herbs, Rice and Vegetables [f]          | Ginger Chicken Stir Fry with Rice and Vegetables          |
| <b>Western</b>          | Macaroni and Cheese with Assorted Vegetables [e,g,m]     | Marinated Sliced Beef with Roasted Potatoes and Vegetables | Grilled Chicken with Tomato Sauce, Fried Rice and Vegetables | Beef Rolled with Cheese with Roasted Potatoes and Vegetables [g,e,m] | Penne Carbonara with Ham and Vegetables [m, g]            |
| <b>Vegetarian</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>Morning Snack</b>    | <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>                 |
| <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   |

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