

**Deutsche Schule Menu May 29-June 2, 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]	Chicken Stew with Lotus Root served 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 Eggplant Curry with Coconut Milk, Rice and Vegetables	Grilled Vietnamese Eggplant with Rice and Vegetables [f,sb]	Tofu and Sweet Potato Curry with Rice and Vegetables [sb]
<b>Morning Snack</b>	Star noodle soup , Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	Banh canh soup	Baguettes with ham and cheese, Fruit and Milk	Hu Tieu soup, Diced 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 June 5-9, 2023**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnamese-Asian</b>	Chicken and Sweet Potato Curry with Rice and Vegetables [m]	Fish with Bok Choy with Tumeric Coconut broth	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
<b>Western</b>	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]	Chicken and Kale Pesto Pasta with Vegetables	Beef Lasagna with Steamed Vegetables [m,g]
<b>Vegetarian</b>	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]
<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>  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 12-16, 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnamese-Asian</b>	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
<b>Western</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]	Chicken Broccoli Casserole with whole wheat pasta and Vegetable	Spaghetti and Meatballs with Tomato Sauce and Vegetables [g]
<b>Vegetarian</b>	Vegetable Risotto with Nutritional Yeast	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]
<b>Morning Snack</b>	Star noodle soup , Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	Banh canh soup	Baguettes with ham and cheese, Fruit and Milk	Hu Tieu soup, Diced 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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**2023**

	<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]	Basil Chicken Spirals with Brown Rice and Mango Salsa	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	Pumpkin Alfredo with Chickpea served with Steamed Broccoli and Cauliflower	Penne Pasta with Napoli Sauce and Mixed Vegetables [e,g]
<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>  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 26-30, 2023**

	<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 and Meatballs with Tomato Sauce and 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>	Pasta with Chick Peas, Parmesan and Tomato Sauce with side vegetables [g, m]	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>	Star noodle soup , Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	Banh canh soup	Baguettes with ham and cheese, Fruit and Milk	Hu Tieu soup, Diced 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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