

**Deutsche Schule Menu May 3-7, 2021**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnamese-Asian</b>	National Holiday	Glazed Chicken Leg with Rice and Vegetables	Lemongrass Beef with Rice and Vegetables	Grilled Fish with rice and Vegetables [f,e (Ca dieu hong nuong)	Stewed Chicken Curry with Rice and Vegetables
<b>Western</b>	National Holiday	Taco bowl with green rice [g,e,m]	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]
<b>Vegetarian</b>	National Holiday	Pumpkin and ChickPea Curry with Steamed Rice	Mac & Cheese	Tofu Stuffed with Vegetables served with Rice and Vegetables [sb]	Lentil Curry with Rice and Vegetables
<b>Morning Snack</b>	National Holiday	Ham and Cheese Baguette Bite with Fresh Fruit and Milk	<b>School:</b> banh uot cha lua  <b>(U6 :</b> Toasted Granola with Yogurt, Diced Fruit and Milk)	Pho bo with Fruit and Milk	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk
<b>Afternoon Snack</b>	National Holiday	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>	National Holiday	Asian/Vietnamese Salad	Mediterranean Salad	Middle Eastern Themed Salad	Tex Mex Salad

**Deutsche Schule Menu May 10-14, 2021**

	<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	Sauteed Beef with Onions served with Rice and Vegetables	Basa Fillet Rolled with Asian Herbs, Rice and Vegetables [f]	Xa Xiu with Rice, and Vegetables
<b>Western</b>	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]
<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>Bun rieu soup, Diced Fruit</i>	Egg and Cheese Burrito Bites with Milk	<i>Baguettes with ham and cheese Fruit and Milk</i>	<i>Brown Bread Sandwiches with scrambled eggs and Cheese, Fruit and Milk</i>	<i>Star 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 May 17-21, 2021**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	Sauteed Pepper Beef with Vegetables and Steamed Rice	BBQ Chicken Leg with Rice, and Vegetables	Roasted Xa Xiu Pork with Rice and Vegetables	Baked Fish with Rice and Vegetables [f] Ca dieu hong nuong	Asian Spiced Chicken with Rice and Vegetables
<b>Western</b>	Tacos with chicken and veggie	Marinated Beef with Roasted Potatoes and Vegetables	Breaded Chicken with Fried Rice and Vegetables [g,e]	Grilled chicken with Roasted Potatoes and Vegetables	Spaghetti and Meatballs with Tomato Sauce and Vegetables [g]
<b>Vegetarian</b>	Meditereanean ChickPea Pasta with Sauteed Vegetables [g]	Tofu and Onions with Asian Tomato Sauce, Rice and Vegetables [sb]	Tofu with Lemongrass and Vegetables [sb]	Mac and cheese	Sauteed Vegetables and Tofu with Egg Noodles [e,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>  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 May 24-28, 2021**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	Stewed Chicken with Ginger, Rice and Vegetables	Braised pork with eggs & Rice and Bok Choy [f] Thit kho trung voi com	Pork Spring Rolls with Noodles and Vegetables	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]	Tacos with chicken and veggie	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

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