

**Deutsche Schule Menu May 2-6, 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnamese-Asian</b>	National Holiday	National Holiday	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>	National Holiday	National Holiday	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>	National Holiday	National Holiday	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>	National Holiday	National Holiday	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>	National Holiday	National Holiday	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	National Holiday	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 9-13, 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>	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
<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 16-20, 2022**

	<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]	Crispy Fish with Nasi Goreng Rice and Veg [f,e,g]	Vietnamese Stewed Beef with Rice and Vegetables	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]	Grilled Fish with Golden Potatoes and Stewed Ratatouille [f]	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>	<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 May 23-27, 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]	Italian Marinated Pork Chop with Roasted Potatoes and Vegetables	Spaghetti and Meatballs with Tomato Sauce and Vegetables [g]
<b>Vegetarian</b>	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]
<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 (U6)  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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