

Deutsche Schule Menu November 2-6, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Stewed Pork Ribs with White Beans, Rice and Vegetables	Orange Chicken Leg with Rice and Vegetables	Grilled Lemongrass Beef 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

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

Deutsche Schule Menu November 9-13, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Sauteed Pepper Beef with Vegetables and Steamed Rice	BBQ Chicken Leg with Rice, and Vegetables	Braised Beef with Onions, Rice and Vegetables	Baked Fish with Rice and Vegetables [f]	Asian Spiced Chicken with Rice and Vegetables
Western	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]
Vegetarian	Meditereanean 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]
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 November 16-20, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	Stewed Chicken with Ginger, Rice and Vegetables	Baked Fish with Rice and Bok Choy [f]	Pork Spring Rolls with Rice Noodles and Vegetables	Sweet and Sour Fish Bites served with Rice and Vegetables [f]	Vietnamese Pork Cutlets with Green Onion, Rice and Vegetables
Western	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]
Vegetarian	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]
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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Deutsche Schule Menu November 23-27, 2020

	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]	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	<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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