

Deutsche Schule Menu October 5-9, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	~5 Spice Chicken~ Roasted Chicken Seasoned w/ 5 Spice Powder Served w/ Rice & Vegetable	~Gà Nướng~ Glazed Roasted Chicken Leg Served w/ Rice & Vegetables	~Bò xào Sả~ Beef Marinated w/ LemonGrass, Sauteed w/ Vegetables & Served w/ Rice	~Cá Kho Nghệ~ Clay Pot Stewed Fish Hot Pot w/ Coconut, Ginger & Tumeric Served w/ Rice & Vegetables [f, sb]	~Ga Xao Xai~ Annatto and Lemongrass Marinated Chicken w/ Rice and Side of Fresh Vegetables [f]
Western	~Beef Stew~ Braised Soft Beef Stew Served w/ Vegetables & Potatoes [g]	~Herbed Breaded Fish Fillet w/ Herbs Served w/ Baked Potatoes & Vegetables [f, g] Ca tam bot	Roast Chicken with Mashed Potatoes and Vegetables [m]	~Roast Beef~ Roast AUS Beef w/ Gravy Served w/ Roast Potatoes & Vegetables [g, e]	~ Pasta w/ Barramundi~ Italian Pasta Served w/ Lemon Garlic Sauce & Seared Fish Fillet Served w/ Vegetables [g, f, m]
Vegetarian	~ Vegetable Lasagna~ Italian Pasta Layered w/ Cheese, Vegetable Medley & Creamy Sauce [m, g, sb, e]	Spiced Chickpea Fried Rice with Side Vegetables [sb, g]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing [sb, g]	Chinese Omelette w/ Mushrooms Served w/ Rice & Vegetables [e, sb]	~Đậu Hũ Nhồi Chay~ Tofu Stuffed w/ Mixed Vegetables. Served w/ Rice [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

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

Deutsche Schule Menu October 19-23, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	~Thit xa xiu va com trang~ Pork xa xiu with rice [g]	Suon Ram, rau cu xao, com trang <i>Marinated Pork ribs,, Vegetables, rice [f,e,sb]</i>	~Bò xào Sả~ Beef Marinated w/ LemonGrass, Sauteed w/ Vegetables & Served w/ Rice	~Ga Nuong~ Glazed Roasted Chicken Leg Served w/ Rice & Vegetables [sb]	<i>Grilled Basa Fish Fillet Served w/ Rice & Vegetables [f]</i>
Western	~Mac N' Cheese~ Italian Pasta Baked in Creamy 4 Cheese Sauce Served w/ Vegetables [m,g]	~Beef Paupiettes~ <i>Tender Beef Fillet Rolled w/ Cheese Served w/ Rice & Potatoes [m,g]</i>	~Risotto Pollo~ Creamy Italian Rice w/ Chicken & Fresh Thyme	~Texas Casserole~ Baked Beef, Vegetables & Cheddar Cheese Served w/ Tortilla and Vegetables [g,m]	~Cacciatore~ Stewed Chicken Legs w/ Tomato & Vegetable Sauce. Served w/ Pasta & Vegetables [g]
Vegetarian	~Ratatouille~ Grilled Provencal Vegetables w/ Stewed Tomatoes. Served w/ Pasta	~Tofu Teriyaki~ Stir Fried Tofu & Vegetables w/ Teriyaki Glaze & Scallions. Served w/ Rice [sb]	Rice Noodle Salad with Vegetarian Spring Rolls, Vegetables Dressed with Asian Dressing [sb,g]	~Com chien chay voi rau cui~ Fried Rice & Vegetables	~Đậu Hũ Nhồi Chay~ Tofu Stuffed w/ Mixed Vegetables. Served w/ Rice [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

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Deutsche Schule Menu October 26-30, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnames-Asian	.~Bo Xao ,rau muong, com trang~ Stir Fried Beef, / Morning Glory Served w/ Vegetables, rice [g,e]	~Thit heo kho dau hu, com trang ~ Stewed pork with tofu w/ Rice & Vegetables	~Bò Nướng~ Grilled Beef Strips w/ Soy Sauce Served w/ Rice & Vegetables [g,sb]	~Gà Xào Nấm~ Stir Fried Chicken w/ Mushrooms Served w/ Rice & Vegetables [sb]	~Canh Ga Nuoc Mam~ Chicken Wings W/ Fish Sauce Served w/ Rice & Vegetables [sb]
Western	~Poulet Francias~ French Citrus Roast Chicken Served w/ Potatoes & Vegetables	~Roast Beef~ Roast AUS Beef w/ Gravy Served w/ Roast Potatoes & Vegetables [g,e]	Thit xa xiu, rau cu xao, com trang Pork xa xiu & Vegetables & Rice [f]	~Beef Lasagna~ Baked Italian Pasta Layered w/ Beef & Cheese Served w/ Vegetables [g,m]	~Cajun Grilled Fish~ Fish Fillet Seasoned W/ Cajun Spices & Served w/ Rice & Vegetables [f,g]
Vegetarian	~Mì Xào Đậu Hũ~ Tofu and Noodle Stir Fry Served with Vegetables [sb]	"Chinese Omelette" w/ Mushrooms Served w/ Rice & Vegetables [e,sb]	~Risotto Funghi ~ Creamy Italian Rice Mushrooms & Parmesan Cheese w/ Vegetables [m]	~Mac N' Cheese~ Italian Pasta Baked in Creamy 4 Cheese Sauce & Topped w/ Crispy Onions Served w/ Vegetables [m,g]	~Đậu Hũ Sốt Cà~ Tofu Topped w/ Tomato Sauce Served w/ Rice & Vegetables [sb]
Morning Snack	Toasted Granola with Yogurt, Diced Fruit and Milk	Egg and Cheese Burrito Bites with Milk	Beef Pho with Fresh Fruit and Milk	Brown Bread Sandwiches with Chicken and Cheese, Fruit and Milk	Special Snack of the Day
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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