

Deutsche Schule Menu September 14-18, 2020

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------|--|--|--|---|---|
| Vietnames-Asian | ~Cá Sốt Cà~ Basa Filet with Asian Tomato Sauce, Rice and Vegetables [f] | ~Cà ri Gà Khoai Lang~ Chicken & Sweet Potato Curry Served w/ Rice | ~Bò Lúc Lắc~ Cubed Beef Sauteed Capsicum & Onion Served w/ Rice & Vegetables [sb] | ~Chả Cá~ Fried Fish Cakes w/ Local Herbs Served w/ Rice & Vegetables [f,e] | ~Gà Kho Gừng~ Chicken w/ Ginger Served w/ Rice & Vegetables |
| Western | ~Beef Bourguignon~ Stewed Beef, Potatoes & Carrots Served w/ French Bread [g] | Baked Fish Rolled with Beans and Carrots served with Roasted Potatoes and Vegetables [f] | ~Chicken Fines Herb~ Sauteed Chicken Breast w/ Herb Pan Gravy Served w/ Potatoes & Vegetables [g,m] | ~Beef Schnitzel~ Breaded Beef Fillet w/ Mushroom Gravy Served w/ Potatoes & Vegetables [g,e,m] | ~Fish & Potatoes~ Batter Dipped Fish Fillet Served w/ Roasted Potatoes & Vegetables [f,e,g,sb] |
| Vegetarian | ~Pasta Alfredo~ Italian Pasta w/ Cream Sauce Served w/ Vegetables [m,g] | Spiced Chickpea Fried Rice with Side Vegetables [sb,g] | ~Đậu Hũ Xào~ Stir Fried Tofu & Vegetable Medley Served w/ Rice [sb] | ~Risotto Funghi ~ Creamy Italian Rice Mushrooms & Parmesan Cheese w/ Vegetables [m] | ~Pasta Primavera~ Italian Pasta Served w/ Primavera Tomato Sauce & Vegetables |
| 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