

Deutsche Schule Menu September 5-9, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Stewed Chicken with Ginger, Rice and Vegetables	Baked Fish with Rice and Bok Choy [f]	Singapore Fried Noodles with Sliced Beef and Vegetables [e]	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	<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>
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

Deutsche Schule Menu September 12-16, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Claypot Fish with Steamed Rice and Vegetables [f,sb]	Braised Pork and Egg with Rice and Sauteed Water Spinach [e]	Peppered Beef with Onions, Steamed Rice and Vegetables [sb]	Chicken Teriyaki with Rice and Vegetables [g,sb]	Egg Foo Yung with Pork Meat, Rice and Vegetables [e]
Western	Spaghetti and Meatballs with Tomato Sauce and Mixed Vegetables [g]	Baja Fish Taco Bowl with Garlic Sauce [g,e,m]	Roasted Chicken with Potatoes and Vegetables [g]	BBQ Pork Ribs with Roasted Potatoes and Vegetables [m,g]	Chicken Lasagna with Steamed Vegetables [e,g,m]
Vegetarian	Pasta with Chick Peas, Parmesan and Tomato Sauce with side vegetables [g,m]	Crispy Tofu Taco Bowl with Garlic Sauce [g,e,m]	Vegan Chilli with Coriander Rice and Vegetables	Tofu Teriyaki with Rice and Vegetables [sb,g]	Vegetarian Lasagna with Steamed 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 (U6) Banh uot cha lua (school)	Banh Canh soup 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 September 19-23, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Sweet and Sour Pork with Rice and Vegetables [e,g]	Glazed Chicken Leg with Rice and Vegetables	Lemongrass Beef with Rice and Vegetables	Herbed Crusted Fish served with Noodles and Vegetables [f,e]	Stewed Chicken Curry with Rice and Vegetables
Western	Penne Pesto Cream Sauce with Chicken and Vegetables [g,e,m]	Breaded Fish with Potatoes and Vegetables [e,g]	Grilled Sausage with Sauteed Onions and Peppers, Fried Rice and Vegetables [e,g]	Beef Schnitzel with Tomato Sauce, Potatoes and Vegetables [e,g]	Spaghetti and Meatballs with Tomato Sauce and Vegetables [g]
Vegetarian	Sweet and Sour Tofu with Rice and Vegetables [sb]	Pumpkin and ChickPea Curry with Steamed Rice	Cha Chay with Rice and Vegetables [sb]	Tofu Stuffed with Vegetables served with Rice and Vegetables [sb]	Lentil Curry with Rice and Vegetables
Morning Snack	<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>
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 September 26-30, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Vietnamese-Asian	Red Curry Beef with Rice and Vegetables	Tumeric and Dill Marinated Fish with Rice Noodles and Vegetables [f]	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]
Western	Pasta with Sliced Sausage, Tomato Sauce and Vegetables [g]	Sauteed Chicken with Onions and Capsicum with Fresh Salsa and Mexican Rice [g,m]	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]
Vegetarian	Pasta Primavera with Mixed Vegetables [e,g]	Vegan Chilli with Fresh Salsa and Mexican Rice [g,m]	Vegetable Tempura with Rice [sb,e,g]	Fried Rice with Tofu and Vegetables [sb]	Sweet and Sour Tofu 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 (U6) Banh uot cha lua (school)	Banh Canh soup 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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