

**Deutsche Schule Menu January 10-14, 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	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]
<b>Western</b>	Spaghetti Bolognese with Mixed Vegetables [g]	Baja Fish Taco Bowl with Garlic Sauce [g, e, m]	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]
<b>Vegetarian</b>	Caramelised Mushroom, Carrots and Vegetables with Rice	Crispy Tofu Taco Bowl with Garlic Sauce [g, e, m]	Vegan Chili with Coriander Rice and Vegetables	Tofu Teriyaki with Rice and Vegetables [sb, g]	Vegetarian Lasagna with Steamed Vegetables [e, g]
<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

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

**Deutsche Schule Menu January 17-21, 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	Sweet and Sour Pork with Rice and Vegetables [e,g]	Glazed Chicken Leg with Rice and Vegetables	Lemongrass Beef with Rice and Vegetables	Herbed Fish Balls and Noodle Stir Fry with Vegetables [f,e]	Stewed Chicken Curry with Rice and Vegetables
<b>Western</b>	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 Gravy, Potatoes and Vegetables [e,g]	Spaghetti and Meatballs with Tomato Sauce and Vegetables [g]
<b>Vegetarian</b>	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
<b>Morning Snack</b>	<b>Star noodle soup, Diced Fruit and Milk</b>	<b>Egg and Cheese Burrito Bites with Milk</b>	<b>Banh canh soup</b>	<b>Baguettes with ham and cheese, Fruit and Milk</b>	<b>Hu Tieu soup, Diced Fruit and Milk</b>
<b>Afternoon Snack</b>	<b>Fresh Tropical Fruit and Vegetables with Dip with Juice</b>	<b>Fresh Tropical Fruit and Vegetables with Dip with Juice</b>	<b>Fresh Tropical Fruit with a Snack and Juice</b>	<b>Fresh Tropical Fruit and Vegetables with Hummus with Juice</b>	<b>Fresh Tropical Fruit with a Snack and Juice</b>
<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 January 24-28, 2022**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Vietnames-Asian</b>	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]
<b>Western</b>	Spaghetti Bolognese with Mixed Vegetables [g]	Baja Fish Taco Bowl with Garlic Sauce [g, e, m]	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]
<b>Vegetarian</b>	Caramelised Mushroom, Carrots and Vegetables with Rice	Crispy Tofu Taco Bowl with Garlic Sauce [g, e, m]	Vegan Chili with Coriander Rice and Vegetables	Tofu Teriyaki with Rice and Vegetables [sb, g]	Vegetarian Lasagna with Steamed Vegetables [e, g]
<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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