

# Daily Fresh Fruits and Vegetables !!

Menu plan from April 8th till May 3rd

Fresh Cooking on site !!



## VielfaltMenü

# Order Form

Family Name :

First Name :

Class :

Street / House number :

Zip Code / Town :

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from April 8th till April 12th					
<b>A Kids Favourite Meal</b>	Boiled Sausage of Poultry with French fries and Sweet Corn (G, 2, 3, 7, 15)	Mini Meat balls of Beef with Gravy, Rice and mixed Vegetables (R, aw, uw, ae, bm)	Breast of Chicken with Gravy, Potatoes and Carrots (G)	Omelette with Spinach and Hash Browns (V, ae, am)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)
<b>B Around the world</b>	"Chana" Chick Peas with Tomatoes and Basmati rice (V)	vegetarian Canneloni with Spinach topped with Cheese (V, aw, uw, gb, am)	"Schupfnudeln" with Mushrooms, Carrots and Beans (V, aw, uw, ae)	Chicken Curry Chick Peas, Coconut milk Rice and Broccoli (G)	Plaice in Batter with Lemon, Potatoes and Cauliflower (F, aw, uw, gb, af)
<b>Salad</b>	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
<b>Dessert</b>	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Week from April 15th till April 19th					
<b>A Kids Favourite Meal</b>	Chicken Crossies with sweet Corn and French fries (G, aw, uw)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	Fish fingers with mashed Potatoes and Carrots (F, aw, uw, am, af)
<b>B Around the world</b>	Mini-Spring roll with mediterranean Couscous (V, 2, aw, uw, ae, ay)	Fricassee of Chicken Peas and Asparagus served with Rice (G, am)	Hash Browns with Cheese and Ratatouille (V, am)	"Frankfurter Grüne Soße" with boiled Egg and Potatoes (V, ae, am)	"Maultaschen" German Ravioli with Broccoli, Beans and Carrots
<b>Salad</b>	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
<b>Dessert</b>	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Week from April 22nd till April 26st					
<b>A Kids Favourite Meal</b>	Cevapcici with Rice carrots and Peas (R, aw, uw, ae, bm)	Spaghetti "Asian Style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23)	Escalope of Chicken with Wedges Imperial Vegetables (G, aw, uw, gb)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Pizza with Tomatoes and Cheese (V, aw, uw, am) Salami available (S, 2, 3, 15, aw, uw, am)
<b>B Around the world</b>	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am)	Coal fish with Basmati Rice and Ratatouille (F, af)	Chili sin Carne Beans with Sweet Corn and Tomatoes (V)	Roast pork with potato dumplings and red cabbage (S)	Goulasch of Beef with imperial Vegetables and Potatoes (R)
<b>Salad</b>	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
<b>Dessert</b>	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Week from April 29th till May 3rd					
<b>A Kids Favourite Meal</b>	Hamburger with Tomatoes, Cucumber and French fries (R, aw, uw, as)	Mini-Spring roll with Basmati Rice (V, 2, aw, uw, ae, ay)	<b>Labour Day No School</b>	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Fish fingers with Basmati Rice and Peas (F, aw, uw, af)
<b>B Around the world</b>	Gnocchi with Tomato-Mushroom in Cream (V, aw, uw, ae, am)	Stewed Chicken Zürich Style Hash Browns and Beans (G)	<b>Labour Day No School</b>	"Hirtentasche" with Cheese, Bulgur and mediterranean Vegetables (V, aw, uw, am, ae)	"Kaiserschmarrn" Stewed pancakes with Applesauce (V, aw, uw, ae, am, 3)
<b>Salad</b>	Salad of the season	Salad of the season		Salad of the season	Salad of the season
<b>Dessert</b>	Fruits of the season	Fruits of the season		Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
		X			A	
		X			B	

**Additives:** 1 - with colours, 2 - with preservatives, 3 - with antioxidants, 4 - with flavour enhancers, 5 - with sweeteners, 7 - with phosphate, 8 - waxed, 15 - with nitrite salting mix;  
**Allergens:** aw - contains cereals containing gluten\*, uw - contains wheat\*, nr - contains rye\*, gb - contains barley\*, go - contains oat\*, gs - contains spelt\*, gk - contains kamut\*, ax - contains other gluten containing grain\*, ac - contains crustaceans\*, ae - contains eggs\*, af - contains fish\*, ap - contains peanuts\*, ay - contains soybeans\*, am - contains milk\*, an - contains nuts\*, sa - contains almond\*, sh - contains hazelnut\*, sw - contains walnut\*, sc - contains cashew\*, sp - contains pecan nut\*, sr - contains brazil nut\*, st - contains pistachio\*, sm - contains macadamia nut\*, sq - contains queensland nut\*, bc - contains celery\*, bm - contains mustard\*, as - contains sesame\*, au - contains sulphur

Please hand in to Kiosk  
Vielfaltmenü c/o ISF

Straße zur Internationalen Schule 33  
65931 Frankfurt am Main

**VielfaltMenü Contact:** Steve Völker 069/37568575 | Fax 069/37568576 | Mail isf.3192@vielfaltmenue.com