Daily Fresh Fruits and Vegetables!!

Menu plan from March 31st till May 2nd



Tuesday

Salad of the season

Fruits of the season

Spaghetti

and Cheese

with Tomato sauce

(V, aw, uw, am)

with Tzatziki,

(aw. uw. am)

Gyros of Chicken

Potatoes and Peas

Menu/Day

Kids

Favourite

Meal

Around

the world

Salad Dessert

Kids Favourite Meal

Around the world Salad Dessert Monday

Salad of the season

Fruits of the season

Boiled Sausage of Poultry

with French fries and

"Chana" Chick Peas

Sweet Corn

(G, 2, 3, 7, 15)

with Tomatoes

and Basmati rice



Fish fingers

and Peas (F, aw, uw, af)

in Cream

Friday

with mashed Potatoes

with Tomato-Mushroom

Salad of the season

Fruits of the season

(V. aw, uw, ae, am)

Thursday

Salad of the season

Fruits of the season

Omelette

with Spinach

(V, ae, am)

(G, am)

and Hash Browns

Fricassee of Chicken

Peas and Asparagus

served with Rice

Order Form

Family Name :

First Name :

Street / House number

Zip Code / Town :

ZIP COUE /					
Monday	Tuesday	Wednesday	Friday		
				Menu A	3
				Menu B	Week 1

Monday	Tuesday	weanesday	Inursaay	Friday		
x	x	x	x	x	Menu A	8
x	x	x	x	x	Menu B	eek 1

,	 	 ,		
x			Menu A	W
x			Menu B	Week 1

Monday	Tuesday	Wednesday	Thursday	Friday		
			x		Menu A	3
			x		Menu B	Week 1

Please hand in to Kiosk Vielfaltmenü c/o ISF

Straße zur Internationalen Schule 33

65931 Frankfurt am Main

Holidays from 07.04. - 18.04.2025

Wednesday

vegetarian Canneloni with

Salad of the season

Fruits of the season

Cevapcici

with Rice

Cheese

carrots and Peas

(R, aw, uw, ae, bm)

Spinach topped with

(V. aw, uw, qb, am)

Week from April 21st till April 25th							
Α		Pasta	Pancake	Escalope of Chicken			
Kids	Easter Monday	with Tomato sauce	with Cinnamon, Sugar	with French fries	Pasta "Bolognese" with Cheese		
Favourite Meal	No School	and Cheese (V, aw, uw, am)	and Applesauce (V, aw, uw, ae, am)	Imperial Vegetables (G, aw, uw, gb)	(R, aw, uw, am)		
B Around the world	Easter Monday No School	Coal fish with Basmati Rice and Ratatouille (F, af)	Stewed Beef with Pepper sauce, Rice and Broccoli (R, am)	"Frankfurter Grüne Soße" with boiled Egg and Potatoes (V, ae, am)	Mini-Spring roll with mediterranean Couscous (V, 2, aw, uw, ae, ay)		
Salad		Salad of the season	Salad of the season	Salad of the season	Salad of the season		
Dessert		Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season		
			Week from April 28th till May	<u>2nd</u>			
1	Chicken Crossies	Pasta "Napoli"	Breast of Chicken		Pizza with Tomatoes and		
Kids	with sweet Corn	with Tomato sauce	with Gravy, Potatoes	Labour Day	Cheese (V, aw, uw, am)		
Favourite	and French fries	and Cheese	pand Carrots	No School	Salami available		
Meal	(G, aw, uw)	(V, aw, uw, am)	(G)		(S, 2, 3, 15, aw, uw, am)		
В	Ravioli with	Goulasch of Beef with imperial Vegetables	"Hirtentasche" with Cheese, Bulgur and mediterranean	Labour Day	Plaice in Batter with Lemon, Potatoes and		
Around	Herb-Cheese-Sauce	and Rice	∧ Vegetables \/	No School	Cauliflower		
the world	(V, aw, uw, ae, am)	(R)	(V, aw, uw, am, ae)		(F, aw, uw, gb, af)		
Salad	Salad of the season	Salad of the season	Salad of the season		Salad of the season		
Dessert	Fruits of the season	Fruits of the season	Fruits of the season		Fruits of the season		
Additional 1 with policy 2 with proceduratives 2 with antiquidants 4 with flavour apparatus 5 with supertures 7 with phosphate 8 wayed 15 with airrite calting							

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 pecan nut*, sc - contains macadamia nut*, sq - contains queensland nut*, bc - contains celery*, bm - contains mustard*, as - contains sesame*, au - contains sulphur

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