

Daily Fresh Fruits and Vegetables !!

Menu plan from January 9th till February 2nd

Fresh Cooking on site !!



VielfaltMenü

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from January 9th till January 12th					
A Kids Favourite Meal	Holiday Break No School	Mini Meat balls of Beef with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Escalope of Chicken with Potatoes Imperial Vegetables (G, aw, uw, gb)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Coal fish with mashed Potatoes and Carrots (F, aw, uw, af, am)
B Around the world	Holiday Break No School	"Maultaschen" with bell Pepper, Beans and Carrots (V, aw, uw, ae, bc)	Tortellini with Basil-Tomatoesauce and Cheese (V, aw, uw, ae, am)	Fricassee of Chicken Peas and Asparagus served with Rice (G, am)	Cauliflower-Potato-Curry with Basmati Rice (V)
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 January 15th till January 19th					
A Kids Favourite Meal	Mini-Spring roll with fried Rice, mixed Vegetables and Sojasauce (G, 2, aw, uw, ae, ay)	Sausage of Poultry with Potatoes and Carrots (G, 2, 3, 7, 15)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Fish fingers with mashed Potatoes and Carrots (F, aw, uw, af)
B Around the world	Goulasch of Beef with red Cabbage and Dumplings (R)	Chili sin Carne Beans with Sweet Corn and Tomatoes (V)	Chicken Masala with Basmati rice and Broccoli am)	Hash Browns filled with Cheese served with Joghurt dip (V, aw, uw, gb, am)	Fried Mushrooms with Hash Browns and Yoghurt Dip am)
Salad	Salad of the season	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	Fruits of the season
Week from January 22nd till January 26th					
A Kids Favourite Meal	Boiled Sausage of Poultry with French fries and Sweet Corn (G, 2, 3, 7, 15)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	Fried Rice "Asian Style" with Eggs Peas, Carrots (V, ae)	Pizza with Tomatoes and Cheese (V, aw, uw, am)
B Around the world	"Hirtentasche" with Cheese, Bulgur and mediterranean Vegetables (V, aw, uw, am, ae)	Steak of Turkey with Gratin Potatoes and Beans (G, am)	Gnocchi with Tomato-Mushroom in Cream (aw, uw, ae, am)	Plaice in Batter with Lemmon, Potatoes and Cauliflower (F, aw, uw, gb, af)	Stewed Beef with Pepper sauce, Rice and Broccoli (R, am)
Salad	Salad of the season	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	Fruits of the season
Week from January 29th till February 2nd					
A Kids Favourite Meal	Chicken Crossies with sweet Corn and French fries (G, aw, uw)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Omelette with Spinach and Hash Browns (V, ae, am)	Breast of Chicken with Gravy, Potatoes and Cauliflower (G)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)
B Around the world	Brussels Sprouts soufflé with Potatoes, Carrots bell Pepper and Feta (V, am)	Yeast Dumpling filled with Cherries served with Custard (V, 3, aw, uw, ae, am)	Burritos stewed Chicken and salsa sauce available (G, aw, uw)	Fried Mie noodles with Carrots, Leek and Broccoli (V, aw, uw, ae, ay, 23)	Fishfilet Francais with Basmatirice and Broccoli (F, 1, aw, uw, af)
Salad	Salad of the season	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	Fruits of the season

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

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Order Form

Family Name :

First Name :

Class :

Street / House number :

Zip Code / Town :

Monday	Tuesday	Wednesday	Thursday	Friday		
					Menu A	Week 1
					Menu B	

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					Menu A	Week 1
					Menu B	

Monday	Tuesday	Wednesday	Thursday	Friday		
					Menu A	Week 1
					Menu B	

Monday	Tuesday	Wednesday	Thursday	Friday		
					Menu A	Week 1
					Menu B	

Please hand in to Kiosk
Vielfaltmenü c/o ISF

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