

Daily Fresh Fruits and Vegetables !!

Menu plan from January 5th till January 30th

Fresh Cooking on site !!



VielfaltMenü

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from January 5th till January 9th					
A Kids Favourite Meal	Cevapcici with Basmati rice carrots and Peas (R, aw, uw, ae, bm)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Breast of Chicken with French fries and Cauliflower (G)	Stewed Chicken with Basmati rice and mixed Broccoli (G)	Fish fingers with mashed Potatoes and Carrots (F, aw, uw, af)
B Around the world	Hash browns topped with Tomato and Mozzarella (V, am)	Fricassee of Chicken Peas and Asparagus served with Rice (G, am)	"Hirrentasche" with Cheese, Bulgur and mediterranean Vegetables (V, aw, uw, am, ae)	Brussels Sprouts soufflé Potatoes, Bell Pepper Carrots and Feta (V, am)	Ravioli filled with Cheese herb Sauce (V, aw, uw, ae, 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 12th till January 16th					
A Kids Favourite Meal	Sausage of Poultry with French fries and Carrots (G, 2, 3, 7, 15)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Fried Rice "Asian Style" with Eggs Springrolls (V, ae, aw aw)	Escalope of Chicken with Potatoes Imperial Vegetables (G, aw, uw, gb)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)
B Around the world	Chili sin Carne Beans with sweet Corn and Tomatoes (V)	Fishfilet Francais with Basmati rice and Ratatouille (F, 1, aw, uw, af)	Stewed Beef with Pepper sauce, Pasta and Broccoli (R, am, aw, uw)	Tortellini with Tomato-Basil-Sauce (V, aw, uw, ae, am)	"Chana Masala" Chick Peas with Tomatoes and Basmati rice (V)
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 19th till January 23rd					
A Kids Favourite Meal	Chicken Crossies with sweet Corn and French fries (G, aw, uw)	Omelette with Spinach and Hash Browns (V, ae, am)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	Pizza with Tomatoes and Cheese (V, aw, uw, am) Salami available (S, 2, 3, 15, aw, uw, am)
B Around the world	Potato Soup with fresh Vegetables and Baguette (V, aw, uw)	Curry of Chicken and Potatoes with Basmati rice (G)	Goulasch of Beef with red Cabbage and Potatoes (R)	Cauliflower-Broccoli- Carrots-Soufflé with Potatoes (V, am)	Coalfish with Potatoes and Leek (af, 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 26th till January 30th					
A Kids Favourite Meal	Boiled Sausage of Poultry with French fries and mixed Vegetables (G, 2, 3, 7, 15)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Breast of Chicken with Gravy of Mushrooms, Rice and Cauliflower (G)	Spaghetti with Spinach Sauce and Cheese (V, aw, uw, am)
B Around the world	Hash Browns filled with Cheese served with a Dip (V, am)	Fried Mushrooms with Hash Browns and Yoghurt Dip (am)	Chicken Masala with Basmati rice and Broccoli (am)	Lentil Soup with fresh Vegetables and Baguette (V, aw, uw)	Plaice in Batter with Lemmon, Potatoes and Savoy (F, aw, uw, gb, 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

Order Form

Family Name :					
First Name :					
Class :					
Street / House number :					
Zip Code / Town :					
Monday	Tuesday	Wednesday	Thursday	Friday	Menu A
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu B
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu A
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu B
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu A
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu B
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu A
					Week 1
Monday	Tuesday	Wednesday	Thursday	Friday	Menu B
					Week 1
Please hand in to Kiosk Vielfaltmenü c/o ISF Straße zur Internationalen Schule 33 65931 Frankfurt am Main					