

Daily Fresh Fruits and Vegetables !!

Menu plan from May 6th till May 10th

Fresh Cooking on site !!



VielfaltMenü

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from May 6th till May 10th					
A Kids Favourite Meal	Hot Dog with French fries Cucumbers and Ketchup (G, aw, uw, 2,3,15)	Breast of Chicken Mediterranean Potatoes Imperial Vegetables (G)	Mini Meat balls of Beef with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Ascension Day No School	Pasta "Napoli" with Tomato sauce and Cheese (V, aw, uw, am)
B Around the world	"Maultaschen" German Ravioli with Broccoli, Beans and Carrots	Pasta with Rucola pesto and Cherry tomatoes (V, aw, uw)	Hash Browns with Cheese and Dip (V, am)	Ascension Day No School	Coal fish with Basmati Rice and Ratatouille (F, 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

Week from May 13th till May 17th					
A Kids Favourite Meal	Fried Sausage of Poultry with French fries and Carrots (G, 2, 3, 7, 15)	Escalope of Chicken with Potatoes and Broccoli (G, aw, uw, gb)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Omelette with creamed Spinach and Hash Browns (V, ae, am)	Fish fingers with mashed Potatoes and Peas (F, aw, uw, am, af)
B Around the world	Beans-Potato-Curry with Basmati Rice (V)	Fresh Asparagus with Sauce Hollandaise and Potatoes (V, aw, gb, ae, am, bc)	Yeast Dumpling filled with Cherries served with Custard (V, 3, aw, uw, ae, am)	Curry of Poultry with Basmati Rice and Broccoli (G)	Spaghetti "Asian Style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23)
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 May 20th till May 24th					
A Kids Favourite Meal	White Monday No School	Cevapcici with Djuvec Rice Carrots and Peas (R, aw, uw, ae, bm)	Spaghetti "Napoli" 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)
B Around the world	White Monday No School	Tortellini mit Basil-Tomato sauce and Cheese (V, aw, uw, ae, am)	Paella Rice with Chicken and Shrimps (G; F, ac, af, um, 23)	Mini-Spring roll with mediterranean Couscous (V, 2, aw, uw, ae, ay)	Stewed Beef with Basmati Rice and Beans (R)
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 May 27th till May 31st					
A Kids Favourite Meal	Chicken Crossies with sweet Corn and French fries (G, aw, uw)	Breast of Chicken with Potatoes and mixed Vegetables (G)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Corpus Christi No School	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)
B Around the world	vegetarian Canneloni with Spinach topped with Cheese (V, aw, uw, gb, am)	"Chana" Chick Peas with Tomatoes and Basmati rice (V)	Hach browns topped with Tomato and Mozzarella (V, am)	Corpus Christi No School	Chicken Masala with Basmati Rice and Broccoli am)
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

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	Week 1
			X		Menu A	
			X		Menu B	

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

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

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

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