

Daily Fresh Fruits and Vegetables !!

Menu plan from September 21st till October 23rd

Fresh Cooking on site !!



VielfaltMenü

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from September 21st till September 25th					
A Kids Favourite Meal	Fried Sausage of Poultry with French fries and Peas (G, 2, 3, 7, 15)	Mini Meatballs with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Stewed Chicken with Basmati rice and Broccoli (G)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)
B Around the world	Hash browns topped with Tomato and Mozzarella (V, am)	"Chili sin Carne" Kidney Beans with Sweet Corn and Nachos (V)	Pollock in Batter with Potatoes and Cauliflower (F, aw, uw, af)	Cauliflower-Broccoli-Carrots-Soufflé with Potatoes (V, am)	"Bulgogi" Stewed Beef with Rice and Broccoli (R, ay, as)
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 September 28th till October 2nd					
A Kids Favourite Meal	Chicken Nuggets with Sweet Corn and French fries (G, aw, uw)	Omelette with Spinach and Hash Browns (V, ae, am)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Poultry meatballs, gravy, Basmati rice and mixed Vegetables (G, aw, uw, am, ae)	Staff Training Day No School
B Around the world	"Schupfnudeln" with Mushrooms, Carrots and Beans (V, aw, uw, ae)	Fricassee of Chicken Peas and Asparagus served with Rice (G, am)	Cauliflower-Broccoli-Carrots-Soufflé with Potatoes (V, am)	Farfalle with Rucola pesto and Cherry tomatoes (V, aw, uw)	Staff Training Day No School
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 October 5th till October 9th					
A Kids Favourite Meal	Sausage of Poultry with French fries and Carrots (G, 2, 3, 15)	Mini-Spring roll with fri Rice, mixed Vegetables and Sojasauce (V, 2, aw, uw, ae, ay)	Escalope of Chicken with Potatoes and 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)
B Around the world	Beans and Potato Curry with Basmati rice (V)	Goulash of Beef with Imperial Vegetables and Potatoes	vegetarian Cannelloni with Spinach topped with Cheese (V, aw, uw, gb, am)	Chicken Masala with Basmati rice and Broccoli am)	Filet of Fish Français with Rice and Ratatouille (F, 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
Week from October 19th till October 23rd					
A Kids Favourite Meal	Cevapcici with Rice Carrots and Peas (R, aw, uw, ae, bm)	Pasta with Spinach sauce and Cheese (V, aw, uw, am)	Breast of Chicken with French fries and Beans (G)	Rigatoni "Bolognese" with Cheese (R, aw, uw, am)	Fish fingers with mashed Potatoes and Peas (F, aw, uw, am, af)
B Around the world	Brussels Sprouts soufflé with Potatoes, Carrots bell Pepper and Feta (V, am)	Goulash of Poultry with Potatoes and Broccoli (G)	Yeast Dumpling filled with Cherries served with Custard (V, 3, aw, uw, ae, am)	Fried Mushrooms with Hash Browns and Yoghurt Dip am)	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

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

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

Order Form

Family Name :

First Name :

Class :

Street / House number :

Zip Code / Town :

Monday	Tuesday	Wednesday	Thursday	Friday		
					Menu A	Week 1
					Menu B	

Monday	Tuesday	Wednesday	Thursday	Friday		
				X	Menu A	Week 1
				X	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

Straße zur Internationalen Schule 33

65931 Frankfurt am Main