



MENU

sodexo



Fresh Cooking on site!

from August 23th till September 24th.....Enjoy your meal!!

daily fresh Fruits and Vegetables

Menu / Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from August 23rd till August 27th					
A Kids Favourites	Breast of Chicken with Gravy Basmati rice and mixed Vegetables (G)	Fried Rice with Eggs, Peas and Sweet Corn (V, ae)	Sausage of Beef with Rosemary potatoes and Carrots (R, 2, 3,7)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Fishfingers with mashed Potatoes and Peas (F, aw, uw, ae, am, af)
B International Choice	Cheese Tortellini with Tomato-Bassilsauce (V, aw, uw, ae, am)	Potatoes bag filled with Cheese served with Ratatouille (V, am)	Curry with green Beans Potatoes and Basmati rice (V)	Stewed Beef Stroganov with Rice and Broccoli (R, am)	Fried Couscous with mixed Vegetables (V, aw, uw)
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 August 30th till September 03rd					
A Kids Favourites	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Steak of Turkey with Rosemary potatoes and Beans (G)	Hamburger with Baked Potatoes (R, aw, uw, as, bm)	Mini-Spring rolls with Basmati rice and Carrots (V, 2, aw, uw, ae, ay)	"Arroz con Pollo" Chicken with Rice Peas and bell Pepper (G)
B International Choice	Paella with Shrimps and mixed Vegetables (F, ac, af, um, 23)	"Chili sin Carne" Vegetarian Beans with Sweet Corn and Nachos (V, 1, 2, ap)	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am)	Pasta Florentine Style with Spinach and Tomatoes (V, aw, uw)	Potato fritters topped with Tomato-Mozzarella (V, 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 September 06th till September 10th					
A Kids Favourites	Boiled Sausages with mashed Potatoes and Spinach (G, bc, am, 2, 3, 7, 15)	Fried Mie noodles with Carrots, Leek and Broccoli (V, aw, uw, ae, ay, 23)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Breast of Chicken with Potatoes Beans and Gravy (G)	Mini Meatballs with Basmati rice and Broccoli (R, aw, uw, ae)
B International Choice	Cauliflower-Potato-Curry with Basmati Rice (V)	Fried "Schupfnudeln" with mixed Vegetables (V, aw, uw, ae)	Omelette with Spinach and Potatoes (V, ae)	Gnocchi with vegetarian Bolognese (V, aw, uw)	"Chana" 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 September 13th till September 17th					
A Kids Favourites	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Chicken Wings with Rice and Peas (G)	Fried Sausage of Poultry with mashed Potatoes and Carrots (G, am, 7)	Cevapcici with Rice and mixed Vegetables (R, aw, ae)	Pizza with Tomatoes Cheese and Salami (V; P, 1, 2, 3, 15, aw, uw, am, bm, bc, 23)
B International Choice	Bokumbap Fried Rice with Vegetables and Egg (V, ae, 2)	Pasta with Rucola pesto and Cherry tomatoes (V, aw, uw)	"Maultaschen" German Ravioli with Broccoli, Beans and Carrots (V, aw, uw, ae, bc)	Cheese noodles with Tomato sauce (V, aw, uw, ae, am)	Coalfish with lemon Leek and Potatoes (F, 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 September 20th till September 24th					
A Kids Favourites	Cheese-Macaroni with Carrots (V, am)	Stewed Chicken "Greek Style" with Rice and Broccoli (G)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Escalope of Chicken with Baked Potatoes and mixed Vegetables (G, aw, uw)	Leg of Chicken with Rice and Cauliflower (G)
B International Choice	Mediterranean Potatoes with Zucchini and Carrots (V)	Fried Mushrooms in Cream with Dumplings (V, aw, uw, gb, ae, am, bc)	Fried Couscous with mixed Vegetables (V, aw, uw)	Vegetarian Lasagne with Tomatoes and Cheese (V, aw, uw, gb, ay, am, bc, 23)	Pasta "Arrabiata" with Cheese (V, aw, uw, am, 2)
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 dioxide and sulphites, nl - contains lupin*, um - contains molluscs*
*and products thereof. Other labels: S - pork, R - beef, F - Fisch, G - poultry, italic - vegetarian dish

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Order Form

Family Name : _____
 First Name : _____
 Class : _____
 Street / House number : _____
 Zip Code / Town : _____

Monday	Tuesday	Wednesday	Thursday	Friday	
					1. Week
					Menu A
					Menu B
2. Week					
					Menu A
					Menu B
3. Week					
					Menu A
					Menu B
4. Week					
					Menu A
					Menu B
5. Week					
					Menu A
					Menu B

Please hand in to Kiosk
 Sodexo c/o ISF
 Straße zur Internationalen Schule 33
 65931 Frankfurt / Sindlingen