



Franconian International School Hot Lunch Menu March 2012

	International	Vegetarian
01.03.2012	Vegetable paella with salad on the side	Vegetable paella with salad on the side
02.03.2012	Fillet of Pollack with Frankfurt sauce (2), potato salad and lemon wedge	Vegetable fritter with dip and potato salad
05.03.2012	Fancy noodles with fresh spinach and cheese sauce	Fancy noodles with fresh spinach and cheese sauce
06.03.2012	Chicken nuggets with BBQ sauce and rosemary potatoes	Feta cheese in aluminium foil with tomato-zucchini-relish and rosemary potatoes
07.03.2012	Franconian potato stew with Wiener sausage (3) and crusty bread roll	Franconian potato stew with crusty bread roll
08.03.2012	Käsespätzle with cream sauce, onion rings and salad on the side	Käsespätzle with cream sauce, onion rings and salad on the side
09.03.2012	Meatballs in Mexican vegetable sauce and long grain rice	Vegetarian enchilada in Mexican vegetable sauce and long grain rice
Italian Week at the FIS Cafeteria from 12th - 16th March		
12.03.2012	Spagetti Napolitana with parmesan cheese	Spagetti Napolitana with parmesan cheese
13.03.2012	Chicken Piccata, Ital. vegetable and penne	Polenta with Italian vegetables and penne
14.03.2012	Cheese tortellini in creamy vegetable sauce, parmesan cheese and arugula	Cheese tortellini in creamy vegetable sauce, parmesan cheese and arugula
15.03.2012	Pork Scaloppine with Roman semolina dumplings and salad on the side	Stuffed zucchini with Roman semolina dumplings and salad on the side
16.03.2012	Lasagna al forno in tomato sauce, salad	Vegetable lasagna in tomato sauce, salad
19.03.2012	Chicken breast with ham and cheese stuffing, potato wedges, ketchup and salad	Tomato with vegetable stuffing, herb dip, potato wedges and salad
20.03.2012	Meatloaf 3,13 in bacon-onion sauce and mashed potatoes	Vegetarian fried rice with paprika sauce and salad on the side
21.03.2012	(Development day, lunch only for teachers) Pork schnitzel with roast potatoes, lemon wedge, ketchup and salad on the side	(Development day, lunch only for teachers) Bell pepper stuffed with cream cheese, roast potatoes and salad on the side
22.03.2012	Prima Pasta Pan with salad on the side	Potatoes au gratin with salad on the side
23.03.2012	Baked fillet of Pollack with Chinese sweet and sour sauce, long grain rice	Spring roll with Chinese sweet and sour sauce, long grain rice
26.03.2012	Pork schnitzel with country potatoes, lemon wedge and ketchup, salad on the side	Vegetable strudel with herb dip and salad on the side
27.03.2012	Noodle casserole with minced meat, salad on the side	Noodle casserole with tomatoes, salad on the side
28.03.2012	Steak of turkey in vegetable-paprika sauce and roast potatoes	Bell pepper with vegetarian stuffing in vegetable-paprika sauce and roast potatoes
29.03.2012	Pancakes with blueberry filling and vanilla sauce, vegetable soup	Pancakes with blueberry filling and vanilla sauce, vegetable soup
30.03.2012	Fillet of Pollack in shrimp-vegetable sauce and whole grain rice	Vegetable fritter in vegetable sauce and whole grain rice

Additives:

- 1: Preservatives
- 2: Sweetener
- 3: Phosphate
- 4: Coloring
- 5: Flavor enhancer
- 6: Blackened
- 7: Waxed
- 8: Sulphur
- 9: Quinine
- 10: Caffeine
- 11: Antioxidant
- 12: Glazed
- 13: Nitrite salt
- 14: Cooked ham
- 15: Alcohol
- G: Genetically altered constituents

This menu is subject to change without notice. Dessert will be offered daily and will consist of pudding or mousse, quark, yoghurt, fruit salad or fresh fruit. Enjoy!