

Day	Date	International	Vegetarian	Dessert	
	01.10.-02.10.	School Holidays			
Wed	03.10.	German Reunification Day/Public Holiday			
Thu	04.10.	Creamy pumpkin soup with croutons, hash browns and apple sauce (1,6,7)		fruit	
Fri	05.10.	Alaskan pollack bordelaise in butter sauce with rice and salad on the side (1,6,7)	Stuffed bell pepper in butter sauce with rice and salad on the side (1,6,7)	fruit	
Mon	08.10.	Whole grain noodles with organic creamy paprika sauce, cheese to sprinkle and salad on the side (1,6)		fruit	
Tue	09.10.	Curry sausage in curried tomato sauce, potato wedges (1,7)	Wheat curry sausage in sauce, potato wedges (1,7)	fruit	
Wed	10.10.	Autumnal vegetable stew with crusty whole wheat roll (1,7)		semolina pudding (6)	
Thu	11.10.	Beef strips with Spätzle and cucumber salad (1,6,7,9)	Tofu strips with Spätzle and cucumber salad (1,6,7,9)	fruit	
Fri	12.10.	Gratinated vegetarian rice casserole with salad on the side (6,7,9)		fruit	
Mon	15.10.	Chicken schnitzel with wedges, ketchup and lemon, salad on the side (1,6,7)	Baked camembert with cranberries, crusty French bread and mixed salad (1,6,7,9)	fruit	
Tue	16.10.	Noodle soup, blueberry pancakes with vanilla sauce (1,6,7,9)		fruit	
Wed	17.10.	Turkey goulash with whole grain noodles and peas and carrots (1,7)	Vegetable goulash with whole grain noodles and peas and carrots (1,7)	fruit	
Thu	18.10.	Thai vegetables with sugar snaps and rice (7)		blueberry quark (6)	
Fri	19.10.	Potato-pumpkin gratin with minced beef, mixed salad on the side (6,7,9)	Potato-pumpkin gratin, mixed salad on the side (6,7,9)	fruit	

Hot Lunch Menu

October 2018



Mon	22.10.	Meat balls in gravy with mashed potatoes and carrot salad (6,7)	Vegetable fritter in gravy with mashed potatoes and carrot salad (6,7,9)	fruit
Tue	23.10.	Cheese Spätzle with onion rings, cheese to sprinkle and green beans		chocolate pudding (6)
Wed	24.10.	Soljanka (East European stew) with crusty French bread (1,6,7)	Vegetarian Soljanka (East European stew) with crusty French bread ((1,6,7)	fruit
Thu	25.10.	Fancy noodles in tomato-mozzarella sauce with cheese to sprinkle, broccoli on the side (1,6,7)		fruit
Fri	26.10.	Baked Alaskan pollack with potato salad, dip and lemon wedge (1,6,7)	Vegetable strudel with dip and salad on the side (1,6,7,9)	fruit
29.10.-02.11.		Fall break		

Menu may be subject to change

Legend:

1 = wheat 2 = spelt 3 = rye 4 = barley 5 = oat 6 = milk 7 = celery 8 = soya 9 = egg 10 = mustard 11 = peanuts 12 = sesame 13 = lupine 14 = green spelt 15 = nuts