Hot Lunch Menu

December 2018

Franconian International School

Day	Date	International	Vegetarian	Dessert
Mon	03.12.	Chili con carne, crusty French bread (1,6,7)	Chili sin carne, crusty French bread (1,6,7,8)	fruit
Tue	04.12.	Vegetrian noodle casserole, salad on the side (1,7)		semolina pudding (6)
Wed	05.12.	Fish fingers with mashed potatoes, carrots and peas (1,6,7)	Cauliflower-cheese-fritter with mashed potatoes, carrots and peas (1,6,7)	fruit
Thu	06.12.	Vegetable curry with mixed rice and broccoli on the side (6,7)		fruit
Fri	07.12.	Gnocchi in ham-cream-sauce, mixed salad on the side (1,6,7)	Gnocchi in cream sauce, mixed salad on the side (1,6,7)	fruit
Mon	10.12.	Fancy noodles with tomato-mozzarella sauce, cheese to sprinke and salad on the side (1,6,7)		Chocolate pudding (6)
Tue	11.12.	Chicken sweet and sour with rice and sugar snaps (7,10)	Asian vegetables with rice, sugar snaps (8)	fruit
Wed	12.12.	Noodle soup, blueberry pancakes with vanilla sauce (1,6,7,9)		fruit
Thu	13.12.	Meat balls in gravy, potatoes and carrots (6,7)	Lentil balls in gravy, potatoes and carrots (1,6,7,9)	fruit
Fri	14.12.	Vegetable with rice and tomatoes, gratinated with gouda cheese, salad on the side (6,7)		fruit
Mon	17.12.	Festive beef strips with bread dumplings and red cabbage (1,7)	Festive lentil roast with bread dumplings and red cabbage (1,6,7,9)	fruit
Tue	18.12.	Whole grain noodles in organic paprika cream sauce, salad on the side (1,6,7)		stracciatella quark (6)
Wed	19.12.	Potato stew with chinese cabbage and minced beef, crusty French bread (1,6,7)	Potato stew with Chinese cabbage, crusty French bread (1,6,7)	fruit
Thu	20.12.	Half Day - no lunch		

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21.12.2018 - 04.01.2018	Winter 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