

Day	Date	International	Vegetarian	Dessert	
Tue	01.10.	Beef goulash with Spätzle and cucumber salad (1,7,9)	Vegetable goulash with Spätzle and cucumber salad (1,6,7,9)	fruit	
Wed	02.10.	PD day - Half day - no lunch			
Thu	03.10.	Public holiday - Tag der Deutschen Einheit			
Fri	04.10.	School Holiday			
Mon	07.10.	Chicken strips with rice and carrot-apple salad (6,7)	Tofu strips with rice and carrot-apple salad (6,7,8)	fruit	
Tue	08.10.	Whole grain noodles in paprika-Rcream sauce, cheese to sprinkle and Romanesco broccoli (1,6,7)		strawberry quark (6)	
Wed	09.10.	Potato gratin with salmon, mixed salad on the side (8,10)	Potato gratin with spinach, mixed salad on the side (6,8,10)	fruit	
Thu	10.10.	Pumpkin cream soup with croutons, Quarkkälchen (quark fritters) with vanilla sauce (1,6,7)		fruit	
Fri	11.10.	Schupfnudeln (finger-shaped potato dumplings) with Sauerkraut and bacon, green salad on the side (1,9)	Schupfnudeln (finger-shaped potato dumplings) with Sauerkraut, green salad on the side (1,9)	fruit	
Mon	14.10.	Vegetable curry with coconut milk, rice and broccoli on the side (6)		fruit	
Tue	15.10.	Lentil stew with Wiener sausages and potato roll (1,7,10)	Lentil stew with potato roll (1,7)	chocolate pudding (6)	
Wed	16.10.	Tagliatelle in tomato-feta cheese sauce, mixed salad on the side (1,6,7)		fruit	
Thu	17.10.	"Do it yourself" hamburger, French fries (1,3,4,10,12)	"Do it yourself" veggie burger, French fries (1,3,4,7,12)	fruit	
Fri	18.10.	Pumpkin stew with couscous, mixed salad on the side (1,6,7,10)		fruit	

Hot Lunch Menu

October 2019



Mon	21.10.	Beef bolognese with spiral noodles, parmesan to sprinkle and salad on the side (1,6,7)	Vegetarian bolognese with spiral noodles, parmesan to sprinkle and salad on the side (1,3,4,6,7)	fruit
Tue	22.10.	Carrot-ginger cream soup with croutons, waffles with sour cherries and chocolate sauce (1,6,7,9,11,15)		fruit
Wed	23.10.	Mexican vegetable stir-fry with mixed rice (6,7)		banana yogurt (6)
Thu	24.10.	Fish roll in butter sauce, potatoes and endive salad (6,7)	Vegetarian cabbage roll in butter sauce, potatoes and endive salad (1,6,7,8,9)	fruit
Fri	25.10.	Cheese Spätzle with onion rings and cucumber salad (1,6,7,9)		fruit
28.10.19 - 01.11.19		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