

Day	Date	International	Vegetarian	Dessert
Mon	04.11.	Alaskan pollack filet with potatoes, homemade remoulade sauce and lemon wedge (1,6,10)	Baked mushrooms with crusty French bread and homemade remoulade sauce (1,6,9,10)	fruit
Tue	05.11.	Vegetarian lasagna, mixed salad on the side (1,6,7,9)		stracciatella quark (6)
Wed	06.11.	Meat balls in gravy, mashed potatoes and carrots (1,6,7,9)	Lentil loaf in vegetarian gravy, mashed potatoes and carrots (1,6,7,9)	fruit
Thu	07.11.	Mezzalune in orange-sage butter sauce, parmesan cheese to sprinkle and mixed salad (1,6,7,9)		fruit
Fri	08.11.	Chicken in oriental sauce with vegetable and rice, yogurt dip (6,7)	Rice in oriental sauce with vegetable, yogurt dip (6,7)	fruit
Mon	11.11.	Potato-pumpkin gratin with bacon, tomato salad (6)	Potato-pumpkin gratin, tomato salad (6)	fruit
Tue	12.11.	Whole grain noodles in gorgonzola sauce, pumpkin-apple salad (1,6,7)		chocolate pudding (6)
Wed	13.11.	Sweet and sour chicken with rice and broccoli (7,10)	Asian vegetables with rice and broccoli (8)	fruit
Thu	14.11.	Noodle soup, Kaiserschmarrn with apple sauce (1,6,7,9)		fruit
Fri	15.11.	Chili con carne with crusty French bread (1,6,7)	Chili sin carne with crusty French bread (1,6,7,8)	fruit
Mon	18.11.	Blue hake filet in mustard sauce and rice, endive salad on the side (6,7,10)	Stuffed bell pepper in mustard sauce with rice, endive salad on the side (1,6,7,10)	fruit
Tue	19.11.	Pumpkin-potato stew with whole grain bread stick (1,3,4,6,7,8)		Strawberry quark (6)
Wed	20.11.	Buß- und Betttag - Public School Holiday		
Thu	21.11.	Whole grain noodles in spinach-feta sauce, tomato and cucumber salad (1,6,7)		fruit
Fri	22.11.	Pizza topped with ham and mushrooms, mixed salad on the side (1,6)	Pizza with vegetable topping, mixed salad on the side (1,6)	fruit

Mon	25.11.	Asian mee noodle stir-fry with soy sauce and salad on the side (1,6,7,8,9)		Banana yogurt (6)
Tue	26.11.	Boulgour-curry stir-fry with chicken and broccoli (1,7)	Boulgour-curry stir-fry with broccoli (1,7)	fruit
Wed	27.11.	Wintery vegetable stew with lentils, crusty French bread (1,6,7)		fruit
Thu	28.11.	Cheese-leek stir-fry with minced beef, mixed rice and green salad (6,7)	Cheese-leek stir-fry with grilled cherry tomatoes, mixed rice and green salad (6,7)	fruit
Fri	29.11.	Whole grain noodles in fresh tomato-basil sauce, cheese to sprinkle and salad on the side (1,6,7)		fruit

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