Hot Lunch Menu

January 2020

Franconian International School

Day	Date	International	Vegetarian	Dessert
20.12.19-06.01.20		Winterbreak		
Tue	07.01.	Whole grain noodles in tomato-mozzarella sauce, salad on the side (1,6,7)		vanilla pudding (6)
Wed	08.01.	Turkey gyros with tomato rice and tsatsiki (6,7)	Soy gyros with tomato rice and tsatsiki (6,7,8)	fruit
Thu	09.01.	Mixed vegetable stew, Laugen stick (1,6,7)		fruit
Fri	10.01.	Potato-salmon-spinach gratin, mixed salad on the side (6,7)	Potato-tomato-spinach gratin, mixed salad on the side (6,7)	fruit
Mon	13.01.	Noodle soup, cherry cobbler with vanilla sauce (1,6,7,8,9)		fruit
Tue	14.01.	Chicken schnitzel with fried potatoes and salad on the sice, ketchup and lemon wedge (1,9)	Saganaki with fried potatoes, salad on the side and cranberries (1,6,9)	fruit
Wed	15.01.	Wickelkloß (rolled potato dumpling) in gravy, red cabbage (1,6,7)		fruit
Thu	16.01.	Report Card - Half Day		
Fri	17.01.	Report Card - Half Day		
Mon	20.01.	Multi-coloured spiral noodles with creamy shrimp sauce, tomato-cucumber salad (1,6,7)	Multi-coloured noodles in creamy green pea sauce, tomato-cucumber salad (1,6,7)	fruit
Tue	21.01.	Cheese-leek-potato stew with crusty French bread (1,6,7)		chocolate pudding (6)
Wed	22.01.	Chili con carne with rice and salad on the side (6,7)	Chili sin carne with rice and salad on the side (6,7,8)	fruit
Thu	23.01.	Boulgour-curry stir-fry with yoghurt sauce, broccoli (6,7)		fruit
Fri	24.01.	Schupfnudeln with cabbage and ham, carrot salad (1,6,7,9)	Schupfnudeln with cabbage, carrot salad (1,6,7)	fruit

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Mon	27.01.	Mee noodle stir-fry, soy sauce and salad on the side (1,6,7,8,10)		fruit
Tue	28.01.	Tomato cream soup with croutons, blueberry pancakes and vanilla sauce (1,6,7,9)		fruit
Wed	29.01.	Curry sausage in tomato-curry sauce with wedges (1,7)	Vegetarian curry sausage in tomato-curry-sauce with weges (1,7,9)	fruit
Thu	30.01.	Gnocchi with rucola pesto, grilled tomato, parmesan cheese and mixed salad on the side (6,9)		pana cotta with pureed fruit (6)
Fri	31.01.	Farmer rösti with herbed quark, bacon and grilled vegetable (6,9)	Farmer rösti with herbed quark and grilled vegetable (6,9)	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