

Day	Date	International	Vegetarian	Dessert
31.10.-04.11.2022		<b>Fall Break</b>		
Mon	07.11.	Mini meat balls in bell pepper sauce with tagliatelle (1,6,7,9,10)	Falafel in bell pepper sauce and tagliatelle (1,6,7,9,10)	fruit
Tue	08.11.	Potato-pumpkin stew with pumpkin roll (1,3,4,5,6,7)		chocolate pudding (6)
Wed	09.11.	Creamy turkey goulash with rice and green salad on the side (6,7)	Creamy soy goulash with rice and green salad on the side (6,7,8)	fruit
Thu	10.11.	Cheese Spätzle, cheese to sprinkle, fried onions and cucumber salad on the side (1,6,7)		fruit
Fri	11.11.	Fish fingers with carrots and peas, mashed potatoes (1,6,7)	Vegan fried fish with carrots and peas, mashed potatoes (1,6,7)	fruit
Mon	14.11.	Creamy broccoli soup with croutons, nut-nougat dumplings with vanilla sauce (1,6,7,8,9,15)		fruit
Tue	15.11.	Beef bolognese with spaghetti, parmesan and salad on the side (1,6,7,9,10)	Soy bolognese with spaghetti, parmesan and salad on the side (1,6,7,8,9,10)	fruit
Wed	16.11.	<b>Professional learning day (Buß- und Bettag)/ no classes</b>		
Thu	17.11.	Chicken Schnitzel with grilled vegetable and herbed quark, ketchup (1,6)	Vegetarian Schnitzel with grilled vegetable and herbed quark, ketchup (1,6)	fruit
Fri	18.11.	Lentil curry with mango and coconut, mixed rice and salad on the side (6,7)		fruit

Mon	21.11.	Grilled pollack in butter sauce, gratinated potatoes and endive salad (1,6,7)	Vegetable omelette, gratinated potatoes with dip and endive salad (6,7)	fruit
Tue	22.11.	Vegetarian lasagna and mixed salad (1,6,7,10)		semolina pudding with sugar/cinnamon (1,6)
Wed	23.11.	Chicken from the oven with bell peppers, feta and rice, bean salad (6,7)	Feta cheese with bell peppers on rice, bean salad (6,7)	fruit
Thu	24.11.	Sliced bread dumplings in mushroom sauce and bacon, endive salad on the side (1,6,7,9)	Sliced bread dumplings in mushroom sauce, endive salad on the side (1,6,7,9)	fruit
Fri	25.11.	Vegetarian pumpkin- lentil stew with potato roll (1,3,4,6,7)		fruit
Mon	28.11.	Beef strips with Spätzle and cucumber salad (1,6,7,9)	Veggi strips (pea protein) with Spätzle and cucumber salad (1,6,7,9)	fruit
Tue	29.11.	Potato rösti with pumpkin ragout, herbed quark and tomato-leek salad (6,7)		blueberry quark (6)
Wed	30.11.	Chili con carne with rice and green salad (6,7)	Chili sin carne with rice and green salad (6,7,8)	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