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German School Pudong

Lunch Set Menu 20/03/2017-24/03/2017

Date	Monday, 20th Mar	Tuesday, 21th Mar	Wednesday, 22th Mar	Thursday, 23th Mar	Friday, 24th Mar
Soup	Chong Qing Soup	Hot & Sour Soup	Mushroom Soup	Asparagus Cream Soup	Seafood Soup
Main Course	Beef Ball Tomato Sauce Pasta Fried Cauliflower	Sweet & Sour Fish Steamed Rice Green Vegetable	Salt & Pepper Pork Gravy Korean Fried Rice Sauteed Snow Bean	Soy Sauce Beef Steamed Rice Baked Cauliflower	Chicken Taco Salsa, Sourcreme, Grated Cheese Steamed Rice Zucchini
Vegetarian Option	Pasta Stuffed Green Pepper	Parisienne Potato Mixed Vegetable Curry	Korean Fried Rice Roasted Pumpkin	Oven Potato Vegetable Omelette	Vegetarian Taco Salsa, Sourcreme, Grated Cheese Steamed Rice
Dessert/Fruit	Cookies	Fruit Plate	Rice Pudding Cinnamon Sugar	Ice Cream	Half-Pretzel
Dessert/Fruit for KDS	Vegetable Sticks with Dressing	Cereals with Imported Milk	Rice Pudding (No Cinnamon Sugar)	Ice Cream	Half-Pretzel

Steamed Rice is available every day as a side option

The Main Course and Vegetarian Option can be mixed together for the same price as the set menu

Drinking water and fruit juice mix in jars are included in the menu price

Nutritional reading over the whole week:

White Meat 8%

Red Meat 12%

Starch 26%

Fish 8%

Deep Fried 3%

Vegetables 46%

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