

GERMAN SCHOOL
PUDONG WEEKLY MENU



MONDAY 11. Sep	TUESDAY 12. Sep	WEDNESDAY 13. Sep	THURSDAY 14. Sep	FRIDAY 15. Sep
Russian Borscht Soup	Miso Soup	Tomato Egg Soup	Chicken Ball Soup	Pumpkin Soup
Chicken Quesadilla Tomato Salsa sour cream Baked Potato Eggplant	Griled Pork Sausage Sauted Cucumber	Beef Chilli Con Carne Sour Cream Steamed Rice Sauted Lettuce	Creamy Chicken Mashed Potatoes Cauliflower	Black Pepper Sauce Beef Fried rice Noodles Butter Sword Bean
Steamed Rice Mixed Vegetables	Fried Noodles Sauted eggplant	Home Made Vegetable Dumplings Vinegar	Mashed Potatoes Cabbage Roll	Steamed Rice Egg Tomato
Fruit Plate	Apple Compote	Home-Made Egg Tart	Ice Cream	Chocolate Sticks
Cereals with Imported Milk	Apple Compote	Home-Made Egg Tart	Ice Cream	Vegetable Sticks with Dressing

SET MEALS COMPOSITION:

Free Flow of Salad Bar
Soup
Choice between 2 main course
Vegetables
Starch
Dessert
Water and yoghurt

* MENU SUBJECT TO CHANGE

KDG DESSERTS ONLY

Nutritional reading: *

Red Meat %
Fish %
White Meat %
Vegetables %
Starch %
Deep Fried %

* Calculated over the whole week