

GERMAN SCHOOL
PUDONG WEEKLY MENU



MONDAY 18. Sep	TUESDAY 19. Sep	WEDNESDAY 20. Sep	THURSDAY 21. Sep	FRIDAY 22. Sep
Potato Soup	Duck Soup	Tofu Shrimp Soup	Minestrone	Green Bean with Cheese Soup
Roasted Duck Breast Gravy Parisienne Potato Carrots & Peas	Pork Schnitzel Mushroom Sauce Cheese Spatzle Red Cabbage	Fish Meuniere Lemon Steamed Rice Green Bean	Beef Lasagna Fried Broccoli	Beef Ball Cold Yogurt Sauce Couscous Butter Sword Bean
Parsienne Potato Gried Mixed Vegetable	Cheese Spatzle Butter Sword Bean	Vegetable Pizza	Vegetable Lasagna Fried Zucchini	Couscous Roasted Cheese Eggplant
Rice Pudding Cinnamon Sugar	Mixed Fruit Cuts	Apple Compote	Ice Cream	Fruit Salad
Rice Pudding without Cinnamon Sugar	Cereals with Imported Milk	Apple Compote	Ice Cream	Half Pretzel

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