

GERMAN SCHOOL
PUDONG WEEKLY MENU



MONDAY 13.Nov	TUESDAY 14.Nov	WEDNESDAY 15.Nov	THURSDAY 16.Nov	FRIDAY 17.Nov
Hot & Sour Soup	Chicken Ball Soup	Mushroom Soup	Pumpkin Soup	Tomato Soup
Chicken Goulash Steamed Rice Steamed Cauliflower	Sweet & Sour Pork Steamed Rice Fried Green Vegetables	Beef Sausages Condiments Mashed Potato Sauerkraut	Home Made Meatball Tomato Sauce Steamed Rice Broccoli	Grilled Fish Lemon Sauce French Fries Winter Melon
Vegetable Spring Roll Soya Sauce Green Bean	Potato Grattin Fried Green Vegetables	Steamed Rice Cream Cheese Cauliflower	Korean Fried-Rice Vegetable Quiche	French Fries Baked Cauliflower
Cookies	Cinnamon Roll	Pan Cake/Strawberry Jam	Ice Cream	Chocolate Custard
Cereals with Imported Milk	Vegetable Sticks with Dressing	Pan Cake/Strawberry Jam	Ice Cream	Chocolate Custard

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