

GERMAN SCHOOL
PUDONG WEEKLY
MENU



MONDAY Jan. 08	TUESDAY Jan. 09	WEDNESDAY Jan. 10	THURSDAY Jan. 11	FRIDAY Jan. 12
Potato Soup	Duck Soup	Onioon Soup	Minestrone	Leek 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	Spanish Tortilla	Couscous Roasted Cheese Eggplant
Rice Pudding Cinnamon Sugar	Mixed Fruit Cuts	Apple Compote	Ice Cream	Fruit Salad
Rice Pudding without Cinnamon Sugar	Fresh fruits	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		<p>Nutritional reading: *</p> <p>Red Meat %</p> <p>Fish %</p> <p>White Meat %</p> <p>Vegetables %</p> <p>Starch %</p> <p>Deep Fried %</p> <p>* Calculated over the whole week</p>
* MENU SUBJECT TO CHANGE		<div style="background-color: yellow; display: inline-block; padding: 2px 10px;">KDG DESSERTS ONLY</div>		