

GERMAN SCHOOL
PUDONG
WEEKLY MENU



| MONDAY 2018/6/11 | TUESDAY 2018/6/12 | WEDNESDAY 2018/6/13 | THURSDAY 2018/6/14 | FRIDAY 2018/6/15 |
|--|---|--|--|--|
| Pumpkin Soup | Tomato Soup | Mushroom Soup | Pumpkin Soup | Green Vegetable Soup |
| Chicken Goulash Steamed Rice Steamed Cauliflower | Sweet & Sour Pork Steamed Rice Fried Green Vegetables | Sauer Kraut Sausage Steamed Potato Parsley | Home Made Meatball Tomato Sauce Steamed Rice Broccoli | Grilled Fish Meuniere Fresh Lemon French Fries Winter Melon |
| Vegetable Spring Roll Soya Sauce Green Bean | vegetable cheese Quesadilla | Steamed Rice Cream Cheese Cauliflower | Pumpkin Lasagna | French Fries Baked Cauliflower |
| Sogo Coco | Seasonal Fruit Cut | 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 | | Nutritional reading: * Red Meat % Fish % White Meat % Vegetables % Starch % Deep Fried % * Calculated over the whole week |
| * MENU SUBJECT TO CHANGE | | KDG DESSERTS ONLY | | |