

GERMAN SCHOOL
PUDONG
WEEKLY
MENU



MONDAY 09.Oct	TUESDAY 10.Oct	WEDNESDAY 11.Oct	THURSDAY 12.Oct	FRIDAY 13.Oct
Tofu Shrimp Soup	Tomato Soup	Green Vegetable Soup	Sweet Corn Soup	Pork Vegetable Soup
Treyaki Chicken Oven Potato Carrots&Beans Steamed Rice Tomato Fried Egg	Beef Bologness Pasta Fried Broccoli Pasta Cream Sauce Zuchini	Fish Finger tartar Sauce Parisienne Potato Sauteed Snow Bean Parisienne Potato Cream Spinach on Scrambled Egg	Pork Mushroom Stew Spatzle Fried Cauliflower Spatzle Cream Cheese Broccoli	Gongbao Chicken Fried Rice Butter Cabbage Fried Rice Spring Roll Sweet-Sour Sauce
Rice Pudding (cinnamon sugar)	Mixed Fruit Cuts	Apple Compote	Ice Cream	Cookies
Rice Pudding	Cereals with Imported Milk	Apple Compote	Ice Cream	Half Pretzel

SET MEALS COMPOSITION:

* MENU SUBJECT TO CHANGE

KDG DESSERTS ONLY

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