

GERMAN SCHOOL
PUDONG
WEEKLY
MENU



MONDAY 16.Oct	TUESDAY 17.Oct	WEDNESDAY 18.Oct	THURSDAY 19.Oct	FRIDAY 20.Oct
Tomato & Lotus Root Soup	Minestrone	West Lake Beef Soup	Carrot Soup	Broccoli Soup
Roasted Pork Gravy Mashed Potato Sautéed Zucchini	Grilled Fish Steak Butter Sauce Steamed Rice Butter Sword Beans	Boneless BBQ Chicken Barbecue Sauce Cheese Spatzle Cabbage	Hot-Dog Condiments Diced Deep-Fried Potato Broccoli	Sautéed Duck Fried Rice Butter Green Peas
Mashed Potato Vegetable Omelette	Cheese Bread Mixed Vegetable	Cheese Spatzle Carrots & Beans	Diced Deep-Fried Potato Stuffed Tomato	Mapo Tofu Sautéed Snow Bean
Peach Compote	Pan Cake / Strawberry Jam	Fruit Salad	Ice Cream	Cinnamon Roll
Cereals with Imported Milk	Pan Cake / Strawberry Jam	Vegetable Sticks	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