

GERMAN SCHOOL  
PUDONG WEEKLY  
MENU



MONDAY Jan. 15	TUESDAY Jan. 16	WEDNESDAY Jan. 17	THURSDAY Jan. 18	FRIDAY Jan. 19
Pumpkin 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 Meuniere Fresh Lemon French Fries Winter Melon
Vegetable Spring Roll Soya Sauce Green Bean	Potato Gratin Fried Green Vegetables	Steamed Rice Cream Cheese Cauliflower	Korean Fried-Rice Vegetable Quiche	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
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>SET MEALS COMPOSITION:</p> <p>* MENU SUBJECT TO CHANGE</p> <p style="background-color: yellow; padding: 2px;">KDG DESSERTS ONLY</p> </div> <div style="width: 30%; text-align: center;"> <p>Free Flow of Salad Bar</p> <p>Soup</p> <p>Choice between 2 main course</p> <p>Vegetables</p> <p>Starch</p> <p>Dessert</p> <p>Water and yoghurt</p> </div> <div style="width: 30%; border: 1px solid black; padding: 5px;"> <p><b>Nutritional reading: *</b></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> </div> </div>				