

GERMAN SCHOOL PUDONG

WEEKLY MENU

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MONDAY 2018/3/19	TUESDAY 2018/3/20	WEDNESDAY 2018/3/21	THURSDAY 2018/3/22	FRIDAY 2018/3/23
Onion Soup	Green pea soup	Minestrone	Carrot Soup	Broccoli Soup
Roasted Pork Gravy Mashed Potato Sauteed Zucchini	Grilled Fish Steak Mediterranean Steamed Rice Butter Sword Beans	Boneless Roasted Chicken Cheese Macaroni & Vegetable	Hot-Dog Condiments Diced Deep-Fried Potato Broccoli	Sauteed Duck Fried Rice Butter Green Peas
Mashed Potato Vegetable Omelette	Cheese Bread Mixed Vegetable	Pasta Tomato Sauce	Diced Deep-Fried Potato Stuffed Tomato	Mapo Tofu Sauteed Snow Bean
Peach Compote	Pan Cake / Strawberry Jam	Fruit Salad	Ice Cream	APPLE CUT and MINT
Cereals with Imported Milk	Pan Cake / Strawberry Jam	Vegetable Sticks	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