

Daily Fresh Fruits and Vegetables !!

Menuplan from November 28th till Dezember 23rd

Fresh Cooking on site !!



Order Form

Family Name : _____
 First Name : _____
 Class : _____
 Street / House number : _____
 Zip Code / Town : _____

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from November 28th till Dezember 2nd					
A Kids Favorite Meal	Staff Training Day No School	Cevapcici with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Breast of Chicken with Gravy, Beans and Potatoes (G, am)	Pasta "Napoli" with Cheese (V, aw, uw, am)	Fish fingers with mashed Potatoes and Spinach (F, aw, uw, af)
B Around the world	Staff Training Day No School	Ravioli filled with Cheese herb Sauce (V, aw, uw, ae, am)	Beans-Potato-Curry with Basmati Rice (V)	Goulash of Turkey with Potatoes and Brussels Sprouts (G)	Hach browns topped with Tomato and Mozzarella (V, am)
Salad		Salad of the saison	Salad of the saison	Salad of the saison	Salad of the saison
Dessert		Fruits of the saison	Fruits of the saison	Fruits of the saison	Fruits of the saison

Monday	Tuesday	Wednesday	Thursday	Friday	
X					Menu A
X					Menu B

Week 1

Week from Dezember 5th till Dezember 9th					
A Kids Favorite Meal	Boiled Sausage of Poultry with French fries and sweet Corn (G, 2, 3, 7, 15)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Pancake with Cinnamon, Sugar and Applesauce (V, 3, aw, uw, ae, am)	Spaghetti "Asian Style" with Carrots, Leek und Broccoli (V, aw, uw, ay, 23)	Pizza with Tomatoes and Cheese (V, aw, uw, am), Salami available (S, 2, 3, 15, aw, uw, am)
B Around the world	Tortellini "al Forno" topped with Mozzarella (V, aw, uw, ae, am)	Potatosouflée with Cauliflower, Broccoli and Carrots (V, am)	Chicken Masala with Basmati rice and Broccoli (am)	Coalfish with Potatoes and Savoy (F, af)	"Arroz con Pollo" Chicken with Rice and Peas (G)
Salad	Salad of the saison	Salad of the saison	Salad of the saison	Salad of the saison	Salad of the saison
Dessert	Fruits of the saison	Fruits of the saison	Fruits of the saison	Fruits of the saison	Fruits of the saison

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 2

Week from Dezember 12th till Dezember 16th					
A Kids Favorite Meal	Fried Sausage of Poultry with Potatoes and Carrots (G, 2, 3, 7, 15)	Pasta with Tomatoesauce and Cheese (V, aw, uw, am)	Escalope of Chicken with French fries Imperial Vegetables (G, aw, uw, gb)	Omelette with Spinach and mashed Potatoes (V, ae, am)	Fish fingers with Rice and Peas (F, aw, uw, af)
B Around the world	Mushroom Curry with Basmatireis and Vegetables (V)	Lahmacun stewed Chicken and Yoghurt sauce available (R, G, aw, uw, ay, am)	Mini Springrolls with Couscous and mixed Vegetables (V, 2, aw, uw, ae, ay)	Roast Turkey with potato dumplings and red cabbage (S, am, bm, bc, 3)	Pasta "Florentine Style " with Spinach and Tomatoes (V, aw, uw)
Salad	Salad of the saison	Salad of the saison	Salad of the saison	Salad of the saison	Salad of the saison
Dessert	Fruits of the saison	Fruits of the saison	Fruits of the saison	Fruits of the saison	Fruits of the saison

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 3

Week from Dezember 19th till September 23rd					
A Kids Favorite Meal	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Hot Dog with French fries and Cucumbers (C, 3, 7, 15, aw, uw, gb)	Vegetarian Lasagne with Tomatoes and Cheese (V, aw, uw, am)	Holiday Break No School	Holiday Break No School
B Around the world	Bokumbap Fried Rice with Carrots and Egg (V, ae)	"Chana Masala" Chick Peas with Tomatoes and Basmati rice (V)	Steak of Turkey mediterranean Potatoes and Beans (G, am)	Holiday Break No School	Holiday Break No School
Salad	Salad of the saison	Salad of the saison	Salad of the saison		
Dessert	Fruits of the saison	Fruits of the saison	Fruits of the saison		

Monday	Tuesday	Wednesday	Thursday	Friday	
			X	X	Menu A
			X	X	Menu B

Week 4

Additives: 1 - with colours, 2 - with preservatives, 3 - with antioxidants, 4 - with flavour enhancers, 5 - with sweeteners, 7 - with phosphate, 8 - waxed, 15 - with nitrite salting mix;
Allergens: aw - contains cereals containing gluten*, uw - contains wheat*, nr - contains rye*, gb - contains barley*, go - contains oat*, gs - contains spelt*, glk - contains kamut*, ax - contains other gluten containing grain*, ac - contains crustaceans*, ae - contains eggs*, af - contains fish*, ap - contains peanuts*, ay - contains soybeans*, am - contains milk*, an - contains nuts*, sa - contains almond*, sh - contains hazelnut*, sw - contains walnut*, sc - contains cashew*, sp - contains pecan nut*, sr - contains brazil nut*, st - contains pistachio*, sm - contains macadamia nut*, sq - contains queensland nut*, bc - contains celery*, bm - contains mustard*, as - contains sesame*, au - contains sulphur

VielfaltMenü Contact: Steve Völker 069/37568575 | Fax 069/37568576 | Mail isf.3192@vielfaltmenue.com

**Please hand in to Kiosk
VielfaltMenü c/o ISF**

Straße zur Internationalen Schule 33
65931 Frankfurt am Main