

Daily Fresh Fruits and Vegetables !!

Menuplan from February 06th till March 3rd

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 February 06th till February 10th					
A Kids Favourite Meal	Sausage of Poultry with Potatoes and Carrots (G, 2,3,15)	Penne "Napoli" with Tomato sauce and Cheese (V, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	Cevapcici with Basmati rice carrots and Peas (R, aw, uw, ae, bm)	Fish fingers with mashed Potatoes and Spinach (F, aw, uw, am,af)
B Around the world	Brussels Sprouts soufflé with Potatoes, Carrots bell Pepper and Feta (V, am)	Bulgogi Stewed Beef with Rice (R, ay, as)	Cauliflower-Potato-Curry with Basmati Rice (V)	Spaghetti "Asian Style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23)	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Week 1

Week from February 13th till February 17th					
A Kids Favourite Meal	<h1>Holidays from 13.02. - 17.02.2023</h1>				
B Around the world					
Salad					
Dessert					

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Week 1

Week from February 20th till February 24th					
A Kids Favourite Meal	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Escalope of Chicken with Potatoes Imperial Vegetables (G, aw, uw, gb)	Omelette with Spinach and mashed Potatoes (V, ae, am)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Pizza with Tomatoes and Cheese (V, aw, uw, am)
B Around the world	Hach browns topped with Tomato and Mozzarella (V, am)	Pasta "Florentine Style " with Spinach and Tomatoes (V, aw, uw)	Chicken Masala with Basmati rice and Broccoli am)	Coal fish with Potatoes and Brussels Sprouts (F, af)	Goulasch of Beef with imperial Vegetables and Potatoes (R)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Week 1

Week from February 27th till March 03rd					
A Kids Favourite Meal	Chicken Crossies with sweet Corn and French fries (G, aw, uw)	Mini Meat balls of Beef with Gravy, Rice and mixed Vegetables (R, aw, uw, ae, bm)	Breast of Chicken with Gravy, Potatoes and Carrots (G)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Spaghetti "Napoli" with Tomato sauce and Cheese (V, aw, uw, am)
B Around the world	Gnocchi with Tomato-Mushroom in Cream (aw, uw, ae, am)	Mini-Spring roll with mediterranean Couscous (V, 2, aw, uw, ae, ay)	"Chana" Chick Peas with Tomatoes and Basmati rice (V)	Lahmacun stewed Chicken and Yoghurt sauce available (R, G, aw, uw, ay, am)	Plaice in Batter with Lemon, Potatoes and Cauliflower (F, aw, uw, gb, af)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Week 1

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*, gk - 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

Please hand in to Kiosk
 Vielfaltmenü c/o ISF
 Straße zur Internationalen Schule 33
 65931 Frankfurt am Main

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