

Daily Fresh Fruits and Vegetables !!

Menuplan from October 31st till November 25th

Fresh Cooking on site !!



Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from October 31st till November 4th					
A Kids Favourite Meal	Mini Meat balls of Beef with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Penne "Napoli" with Tomato sauce and Cheese (V, aw, uw, am)	Breast of Chicken with Gravy, Peas and Potatoes (G)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Spaghetti "Asian Style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23)
B Around the world	"Schupfnudeln" with Mushrooms, Carrots and Beans (V, aw, uw, ae)	Fricassee of Chicken Peas and Asparagus served with Rice (G, am)	Cauliflower Curry with Potatoes and Basmati Rice (V)	Fried Sausage of Poultry with Potatoes and Kale (G, 2, 3, 7, 15)	Coal fish with Basmati Rice and Beans (F, 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
Week from November 7th till November 11th					
A Kids Favourite Meal	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas	Rigatoni "al Forno" topped with Cheese (V, aw, uw, am)	Stewed Chicken with Basmati Rice and Broccoli (G)	Fish fingers with mashed Potatoes and Peas (F, aw, uw, af)	Spaghetti "Bolognese" with Cheese (B, aw, uw, am)
B Around the world	Potatosoufflé with Cauliflower, and Broccoli (V, am)	Steak of Turkey with Gratin of Potatoes and Beans (G, am)	Chili sin Carne Beans with Sweet Corn and Tomatoes (V)	Tortellini mit Basil-Tomatoesauce and Chees (V, aw, uw, ae, am)	Fried Mushrooms with Hash Browns and Yoghurt Dip 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	Berliner
Week from November 14th till November 18th					
A Kids Favourite Meal	Boiled Sausage of Poultry with French fries and Sweet Corn (G, 2, 3, 7, 15)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Escalope of Chicken with Potatoes Imperial Vegetables (G, aw, uw, gb)	Fried Rice with Eggs, Peas, Carrots and Sweet Corn (V, ae)	Pizza with Tomatoes and Cheese (V, aw, uw, am)
B Around the world	Fried Couscous with bell Pepper Zucchini and Peas (V, aw, uw)	Chicken Masala with Basmati rice and Broccoli am)	"Kaiserschmarrn" Stewed Pancake with Applesauce (V, 3, aw, uw, ae, am)	Plaice in Batter with Lemmon, Potatoes and Cauliflower (F, aw, uw, gb, af)	Pasta "Florentine Style " with Spinach and Tomatoes (V, aw, uw)
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
Week from November 21st till November 25th					
A Kids Favourite Meal	Pasta "Bolognese" with Cheese (B, aw, uw, am)	Fish in Batter with Basmati Rice and Carrots (F, aw, uw, gb, af)	Mini-Spring roll with fried Rice and mixed Vegetables (V, 2, aw, uw, ae, ay)	Spaghetti with Spinach sauce and Cheese (V, aw, uw, am)	Hamburger with Tomatoes, Cucumber and French fries (R, aw, uw, as)
B Around the world	Brussels Sprouts soufflé with Potatoes, and Carrots (V, am)	Omelette with Spinach and mashed Potatoes (V, ae, am)	Lahmacun stewed Chicken and Yoghurt sauce available (R, G, aw, uw, ay, am)	Roast Turkey with mashed Potatoes and Cranberry sauce (G, 3, am, au)	Gnocchi's with Tomato Mushrooms Sau (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

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

Order Form

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

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	
					Menu A
					Menu B

Week 4

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

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