
















































































WEEK 1		 <b>FRENCH - GERMAN SCHOOL</b> 							
		MONDAY (4-6-26)	TUESDAY (4-7-26)	WEDNESDAY (4-8-26)	THURSDAY (4-9-26)	FRIDAY (4-10-26)			
KDG			Vegetable Soup	Egg, Cherry Tomato & Kale Salad	Carrot Soup	Cucumber, Corn & Tomato Salad			
Eat Golbal Set			WHEAT Slice Bread	WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread			
			Butterfly Pasta	White Rice	Itali Pasta	Paprika Baked Potato			
			Mix Mushrooms & Tofu / Bok Choy	Glazed Carrots and White Radish / Cauliflower	Spinach-cabbage / Pumpkin	Roasted Eggplants / Mixed Vegetables			
			Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk			
			Banana	Watermelon	Apple Cake	Honey Melon			
			Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet			
	Main Protein		<b>Beef Goulash</b>		Sliced Chicken & Vegetables Asia		Marinated Pork Leg		Steamed Fish
			Duck in Soya Sauce with Vegetables		Pork Schnitzel		Beef Bolognaise		Chicken Masala
	No pork or beef		Duck in Soya Sauce with Vegetables		Sliced Chicken & Vegetables Asia		Onion Spinach Broccoli Quiche /Tomato Sauce		Steamed Fish
	Veg.		Potato & Onion Pancake		Stuffed Cabbage Roll		Onion Spinach Broccoli Quiche /Tomato Sauce		Pita Goat Cheese
	PAI	We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. <b>NO NUTS</b> serve in the daily menu.					 Special lunch box with Name, Class, Allergen on the lid.		
 Pork  Beef  Chicken  Duck  Fish  Vegetarian		<b>Nutritional Reading: *</b> Red Meat 13% Fish 3% White Meat 9% Vegetables 38% Fruits 12% Starch 25% ----- Deep Fried 3%							

WEEK 2		 <b>FRENCH - GERMAN SCHOOL</b> 				
		MONDAY (4-13-26)	TUESDAY (4-14-26)	WEDNESDAY (4-15-26)	THURSDAY (4-16-26)	FRIDAY (4-17-26)
KDG		Tomato, Carrot & Cucumber	Minestrone Soup	Mix Lettuce Salad	Corn Soup	Potato, Green Pea, Carrot Salad
Eat Golbal Set		WHITE Slice bread	WHEAT Slice Bread	WHITE Slice Bread	SPECIAL BREAD	WHITE Slice Bread
		Steamed Potatoes	Itali Pasta	Baked Potatoes	Itali Pasta	White Rice
		Celery Root Purree / Roasted Eggplant and Broccolini	Mix Mushrooms & Tofu / BokChoy	Cabbage & Sliced Carrot / Mix Vegetables & Tofu	Broccoli / Chinese Green Vegetables	Zucchini / Ratatouille
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	New Cheese / Milk
		Mix Fruit Macedonia	Banana	Watermelon	Clafoutis Blueberry	Apple
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
	Main Protein	 Beef Carrot Stew	 Vegetarian Lasagna	 Steamed Fish in Soy Sauce	 Braised Chicken Ardenaise	 Shredded Pork Tomato
		Brased Chicken Thighs Lemon/Lemongrass	Roasted Pork Loin Bacon Mushroom Sauce	Chicken Leg Stew	Sweedish Meatball, Cranberry Sauce	Baked Beef
	No pork or beef	Brased Chicken Thighs Lemon/Lemongrass	Vegetarian Lasagna	Steamed Fish in Soy Sauce	Braised Chicken Ardenaise	Pad Thai
	Veg.	Vegetarian Burrito, Beans & Corn	Vegetarian Lasagna	Eggplant Involtini	Ratatouille Frittata with Salsa Verde	Pad Thai
PAI	We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. <b>NO NUTS</b> serve in the daily menu.					Special lunch box with Name, Class, Allergen on the lid.
	 Pork  Beef  Chicken  Duck  Fish  Vegetarian	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p>Nutritional Reading: *</p> <p>Red Meat 11%</p> <p>Fish 3%</p> <p>White Meat 11%</p> <p>Vegetables 34%</p> <p>Fruits 11%</p> <p>Starch 29%</p> <p>Deep Fried 1%</p> <p>* Calculated over the whole week</p> </div>				


WEEK 3		 <b>FRENCH - GERMAN SCHOOL</b> 					
		MONDAY (4-20-26)	TUESDAY (4-21-26)	WEDNESDAY (4-22-26)	THURSDAY (4-23-26)	FRIDAY (4-24-26)	
KDG		Chinese Marinated Cucumber	Pumpkin Soup	Tofu Skin Salad	Tomato & Egg Soup	Cherry Tomato & Lentils Salad	
Eat Golbal Set		WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	
		Butter & Parsley Potato	Itali Pasta	Mash Potatoes	Itali Pasta	White Fried Rice	
		Green beans / Corn - Tofu & Wok Vegetables	Zucchini & Carrots / Chinese Greens	Sliced Cabbage / Mediterranean Vegetables	Pisto / Bok choy	Cauliflower & Broccoli / Mixed Mushrooms & Tofu	
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk	
		Mix Fruit Macedonia	Banana	Watermelon	Ice Cream	Apple	
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
	Main Protein		Marinated Duck Breast with Orange Sauce	 Pork Bolognaise	 Hachis Parmentier Beef	 General Tso's Chicken	 Steamed Fish Asia
			Grilled White Sausage	Braised Chicken with Tomato Sauce	Roasted Duck Breast	Pulled Beef & Braised Onion	Blanquette de Poulet "Waterzooi"
	No pork or beef		Marinated Duck Breast with Orange Sauce	Braised Chicken with Tomato Sauce	Roasted Duck Breast	General Tso's Chicken	Steamed Fish Asia
	Veg.		Croute Champigno Bread	Eggplant Parmigiana	Cheese Spaetzli with Caramelized Onion	Sizzling Saigon Crepes (Banh Xoe)	Egg & Tomato
	PAI		We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. <b>NO NUTS</b> serve in the daily menu.				 Special lunch box with Name, Class, Allergen on the lid.
	 Pork  Beef  Chicken  Duck  Fish  Vegetarian		<b>Nutritional Reading: *</b> Red Meat 9% Fish 6% White Meat 14% Vegetables 30% Fruits 11% Starch 29% Deep Fried 1% * Calculated over the whole week				
















WEEK 4		 <b>FRENCH - GERMAN SCHOOL</b> 									
		MONDAY (5-11-26)	TUESDAY (5-12-26)	WEDNESDAY (5-13-26)	THURSDAY (5-14-26)	FRIDAY (5-15-26)					
KDG		Cucumber, Carrot & Tomato Salad	Napoli's Tomato Soup	Coleslaw Salad	Lentils Soup	Boiled Egg, Olives & Tomato					
Eat Golbal Set		WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	Wheat Slice Bread	WHITE Slice Bread					
		Roasted Potato cubes	Itali Pasta	Steam Rice	French Fries	Baked Potatoes					
		Roasted Cauliflower / Fresh Carrots Cumin	Green Beans / Sliced Cabbage	Chinese Celery / Baked Pumpkin	Corn / Mix Vegetables Wok	Bok Choy / Ratatouille					
		Milk / Cheese	Yogurt / Cheese	Milk / Cheese	Special Yogurt / Cheese	Cheese / Milk					
		Mix Fruit Macedonia	Banana	Watermelon	Muffin	Apple					
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet					
	Main Protein		Sliced Chicken & Vegetables (Celtuce- onion)		Beef Bolognaise		Pork Stew Provencal		Chicken Meatballs & Mushrooms		Tuna Omelette
			Spring Rolls	Pork Dumplings	Duck in Soya Sauce with Vegetables	Baked Beef in Gravy	Chicken lemon thigh				
	No pork or beef	Sliced Chicken & Vegetables	Tomato Sauce & Egg	Duck in Soya Sauce with Vegetables	Chicken Meatballs & Mushrooms	Tuna Omelette					
	Veg.	Spring Rolls	Tomato Sauce & Egg	Spanish Tortilla	Oven Roasted Stuffed Bell Pepper	Amaranth Green Onion Fritters					
PAI	We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. <b>NO NUTS</b> serve in the daily menu.					 Special lunch box with Name, Class, Allergen on the lid.					
 Pork  Beef  Chicken  Duck  Fish  Vegetarian		<b>Nutritional Reading: *</b> Red Meat 11% Fish 3% White Meat 11% Vegetables 34% Fruits 11% Starch 29% Deep Fried 1%									



# FRENCH - GERMAN SCHOOL



WEEK 5		MONDAY (5-18-26)	TUESDAY (5-19-26)	WEDNESDAY (5-20-26)	THURSDAY (5-21-26)	FRIDAY (5-22-26)	
<b>KDG</b>		Chinese Marinade Cucumber	Green Vegetable Soup	Asian Tofu Salad	Mushroom Soup	Barley Salad	
Eat Global Set		WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	
		Itali Pasta	Baked Potatoes	White Rice	Itali Pasta	Steamed Potatoes	
		Zucchini & Carrot / Sweet Potato Wedges	Cabbage Slices / Mix Vegetables & Tofu Wok	Roasted Broccoli & Cauliflower / Corn	Carrot / Chinese Green Vegetables	White Soya Sprouts / Mixed Mushrooms & Tofu	
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk	
		Mix Fruit Macedonia	Banana	Watermelon	Sponge Cake	Apple	
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
	Main Protein		Chicken Curry	Roasted Duck Breast, Gravy	Red Chorizo Tomato Sauce	Beef Goulash	Crispy Sliced Fish & Tartare Sauce
			Fish Fingers	Beef Frikadelle	Baked Chicken with Roasted Vegetables	Sausage & Vegetables with Cheese Sauce	Vegetable Omelette
	No pork or beef	Chicken Curry	Roasted Duck Breast, Gravy	Baked Chicken with Roasted Vegetables	Pumpkin Schnitzel with Tabouleh Salad	Crispy Sliced Fish & Tartare Sauce	
	Veg.	Vegetable and Mushroom Vol au Vent in Bread	Egg & Tomato	Vegetarian Florentina Lasagna	Pumpkin Schnitzel with Tabouleh Salad	Vegetable Omelette	
PAI	<p>We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.</p> 					Special lunch box with Name, Class, Allergen on the lid.	
<ul style="list-style-type: none"> <li> Pork</li> <li> Beef</li> <li> Chicken</li> <li> Duck</li> <li> Fish</li> <li> Vegetarian</li> </ul>		<p>Nutritional Reading: *</p> <ul style="list-style-type: none"> <li>Red Meat 9%</li> <li>Fish 4%</li> <li>White Meat 11%</li> <li>Vegetables 34%</li> <li>Fruits 11%</li> <li>Starch 29%</li> <li>Deep Fried 1%</li> </ul>					

WEEK 6		 <b>FRENCH - GERMAN SCHOOL</b> 					
		MONDAY (5-25-26)	TUESDAY (5-26-26)	WEDNESDAY (5-27-26)	THURSDAY (5-28-26)	FRIDAY (5-29-26)	
KDG		Egg, cherry Tomato & kale Salad	Green Vegetables and Chive Soup	Mix Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber	
Eat Golbal Set		WHITE Slice Bread	WHEAT Slice Bread	WHITE Slice Bread	SPECIAL BREAD	WHITE Slice Bread	
		White Rice	Itali Pasta	Baked Potatoes	White Rice	Itali Pasta	
		Zucchini /Mashed Pumpkin	Green Pea / White Radish-Red Onion baked	Cabbage & Sliced Carrot / Mix Vegetables & Tofu	Broccoli / Chinese Green Vegetables	Zucchini / Ratatouille	
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk	
		Mix Fruit Macedonia	Banana	Watermelon	Carrot Cake	Apple	
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
	Main Protein		Chicken in Vegetable Sauce	 Beef Bolognaise	 STEAM FISH in Soy Sauce	 Chicken Vol-au-Vent	 Shredded Pork Tomato
			Pork Dumplings	Duck in Soya Sauce with Vegetables	Chicken Leg Stew	Pizza Peperoni	Beef Stew
	No pork or beef	Chicken in Vegetable Sauce	Duck in Soya Sauce with Vegetables	STEAM FISH in Soy Sauce	Chicken Vol-au-Vent	Baked Mousaka, Tomato Sauce	
	Veg.	Omelette with Tomatos	Red Lentils & Feta Stuffed Zucchini	Vegetable Dumplings	Mushroom Tofu Quesadilla	Baked Mousaka, Tomato Sauce	
PAI	<p>We prepare a separate box according to individual allergy request. Main protein will follow the menu structure, but without allergen. NO NUTS serve in the daily menu.</p> 					Special lunch box with Name, Class, Allergen on the lid.	
 <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #FFC000; border: 1px solid black;"></span> Pork</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #FF0000; border: 1px solid black;"></span> Beef</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #FFD700; border: 1px solid black;"></span> Chicken</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #00B0F0; border: 1px solid black;"></span> Duck</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90EE90; border: 1px solid black;"></span> Fish</li> <li><span style="display: inline-block; width: 15px; height: 10px; background-color: #90EE90; border: 1px solid black;"></span> Vegetarian</li> </ul>		<p><b>Nutritional Reading: *</b></p> <ul style="list-style-type: none"> <li>Red Meat 9%</li> <li>Fish 4%</li> <li>White Meat 11%</li> <li>Vegetables 34%</li> <li>Fruits 11%</li> <li>Starch 29%</li> <li>Deep Fried 1%</li> </ul> <p>* Calculated over the whole week</p>					