



## FRENCH - GERMAN SCHOOL



WEEK 1		MONDAY (6-1-26)	TUESDAY (6-2-26)	WEDNESDAY (6-3-26)	THURSDAY (6-4-26)	FRIDAY (6-5-26)
<b>KDG</b>		Shaved Carrots with Cumin Seeds	Vegetable Soup	Cherry Tomato & Mozzarella	Carrot Soup	Cucumber, Corn & Tomato Salad
Eat Golbal Set		White Slice Bread	Wheat Slice Bread	White Slice Bread	Wheat Slice Bread	White Slice Bread
		Steamed Potatoes	Butterfly Pasta	White Rice	Itali Pasta	Paprika Baked Potato
		Sauteed Celery / Green Peas Caramelized Onion	Mix Mushrooms & Tofu / Bok Choy	Glazed Carrots and White Radish / Cauliflower	Spinach-Cabbage / Roasted Pumpkin	Roasted Eggplants / Sauteed Mixed Vegetables
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk
		Mix Fruit Macedonia	Banana	Watermelon	Apple Cake	Honey Melon
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
	Main Protein	Pork stew	Beef Goulash	Sliced Chicken & Vegetables Asia	Marinated Pork Leg	Fish Meuniere & Lemon Squeeze
		Braised Chicken Thighs Lemon/Lemongrass	Duck in Soya Sauce with Vegetables	Pork Schnitzel	Beef Bolognaise	Chicken Masala
	No pork or beef	Braised Chicken Thighs Lemon/Lemongrass	Duck in Soya Sauce with Vegetables	Sliced Chicken & Vegetables Asia	Broccoli & Mushroom Egg Bake	Chicken Masala
	Veg.	Caribbean Chickpea Curry	Potato & Onion Pancake	Stuffed Cabbage Roll with Rice, Mushrooms	Broccoli & Mushroom Egg Bake	Vegetarian Flammkuchen
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/ Lamb
- Chicken
- Duck
- Fish
- Vegetarian

**Nutritional Reading: \***

Red Meat 12%

Fish 2%

White Meat 10%

Vegetables 41%

Fruits 10%

Starch 25%

-----

Deep Fried 2%

\* Calculated over the whole week



## FRENCH - GERMAN SCHOOL



WEEK 2		MONDAY (6-8-26)	TUESDAY (6-9-26)	WEDNESDAY (6-10-26)	THURSDAY (6-11-26)	FRIDAY (6-12-26)
<b>KDG</b>		Potato, Green Pea, Carrot Salad	Minestrone Soup	Mix Lettuce Salad	Corn Soup	Tomato, Carrot & Cucumber
Eat Golbal Set		White Slice Bread	Wheat Slice Bread	White Slice Bread	Wheat Slice Bread	White Slice Bread
		Steamed Potatoes	Itali Pasta	Baked Potatoes	Itali Pasta	White Rice
		Celtuce / Roasted Eggplant and Broccoli	Mix Mushrooms & Tofu / Bok Choy	Cabbage & Sliced Carrot / Mix Vegetables & Tofu	Broccoli / Chinese Green Vegetables	Zucchini / Ratatouille
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese	Cheese / Milk
		Green Melon	Banana	Watermelon	Clafoutis Blueberry	Apple
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
	Main Protein	Beef Carrot Stew	Duck in Soya Sauce with Vegetables	Steamed Fish in Soy Sauce	Braised Chicken Ardennes	Shredded Pork Tomato
	No pork or beef	Chicken Thigh Teriyaki	Roasted Pork Loin Bacon Mushroom Sauce	Chicken Leg Stew	Swedish Meatball, Cranberry Sauce	Baked Beef
	Veg.	Vegetarian Burrito	Zucchini Frittata Bake	Vegetarian Pad, Thai Sunny Side Up Egg	Vegetarian Königsberger Klopse	Baked Moussaka
	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.				

- Pork
- Beef
- Chicken
- Duck
- Fish
- Vegetarian

**Nutritional Reading: \***

Red Meat 12%

Fish 2%

White Meat 10%

Vegetables 41%

Fruits 10%

Starch 25%

---

Deep Fried 0%


\* Calculated over the whole week

WEEK 3



FRENCH - GERMAN SCHOOL



WEEK 3		MONDAY (6-15-26)	TUESDAY (6-16-26)	WEDNESDAY (6-17-26)	THURSDAY (6-18-26)	FRIDAY (6-19-26)	
KDG		Chinese Marinated Cucumber	Pumpkin Soup	Tofu Skin Salad	Tomato & Egg Soup		
Eat Golbal Set		White Slice Bread	Wheat Slice Bread	White Slice Bread	Wheat Slice Bread		
		Butter & Parsley Potato	Itali Pasta	Mash Potatoes	Elbow Pasta Pesto		
		Green Beans / Corn - Tofu & Wok Vegetables	Zucchini & Carrots / Chinese Greens	Sliced Cabbage / Mediterranean Vegetables	Pisto / Bok choy		
		Milk / Cheese	Yogurt / Cheese	Cheese / Milk	Yogurt / Cheese		
		Pear	Banana	Watermelon	Ice Cream		
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet		
	Main Protein		Marinated Duck Breast with Orange Sauce				
			Pork Dumpling	Braised Chicken with Tomato Sauce	Roasted Duck Breast	Pulled Beef & Braised Onion	
	No pork or beef	Marinated Duck Breast with Orange Sauce	Braised Chicken with Tomato Sauce	Roasted Duck Breast	General Tso's Chicken		
	Veg.	Croute Champignon	Eggplant Parmigiana	Vegetable Tikka Masala Skewer	Whole Wheat Stuffed Crepe Cheese, Mushroom & Potato		
PAI	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.					 Special lunch box with Name, Class, Allergen on the lid.	

- Pork
- Beef
- Chicken
- Duck
- Fish
- Vegetarian





















Nutritional Reading: \*

- Red Meat 12%
- Fish 0%
- White Meat 12%
- Vegetables 41%
- Fruits 10%
- Starch 25%

---

- Deep Fried 2%

\* Calculated over the whole week

WEEK 4		 <b>FRENCH - GERMAN SCHOOL</b> 					
		MONDAY (6-22-26)	TUESDAY (6-23-26)	WEDNESDAY (6-24-26)	THURSDAY (6-25-26)	FRIDAY (6-26-26)	
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	
		Steamed Rice	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	
		Apple	Banana	Honey Melon	Chocolate Cake Roll	Watermelon	
		Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
	Main Protein		Sliced Chicken & Vegetables	 Beef Bolognaise	 Pork Stew Provencal	 Chicken Meatballs & Mushrooms	 Tuna Omelet
			Spring Rolls	Grilled White Sausage	Duck in Soya Sauce with Vegetables	Baked Beef in Thyme Gravy	Chicken Lemon Thigh
	No pork or beef	Sliced Chicken & Vegetables	Chickpea & Eggplant Stew	Duck in Soya Sauce with Vegetables	Chicken Meatballs & Mushrooms	Tuna Omelet	
	Veg.	Spring Rolls	Chickpea & Eggplant Stew	Spanish Tortilla	Indian Kadi Balls	Mushroom Stroganoff	
PAI	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.					 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 10%</p> <p>Fish 2%</p> <p>White Meat 10%</p> <p>Vegetables 43%</p> <p>Fruits 10%</p> <p>Starch 25%</p> <hr style="border: 0; border-top: 1px dashed black;"/> <p>Deep Fried 2%</p> <p>* Calculated over the whole week</p> </div>					



## FRENCH - GERMAN SCHOOL



WEEK 5		MONDAY (6-29-26)	TUESDAY (6-30-26)	WEDNESDAY (7-1-26)	THURSDAY (7-2-26)	FRIDAY (7-3-26)
<b>KDG</b>		Chinese Marinated Cucumber	Green Vegetable Soup	Asian Tofu Salad	Mushroom Soup	Barley Salad
Eat Golbal 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
	No pork or beef	Chicken Curry	Roasted Duck Breast, Gravy	Baked Chicken with Roasted Vegetables	Sausage & Vegetables with Cheese Sauce	Crispy Sliced Fish & Tartare Sauce
	Veg.	Creamy Thai Sweet Curry	Egg and Tomato	Vegetarian Tacos & Corn	Cheese Spaetzli with Caramelized Onions	Vegetable Omelet
	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.				

- Pork
- Beef
- Chicken
- Duck
- Fish
- Vegetarian

**Nutritional Reading: \***

Red Meat 10%

Fish 3%

White Meat 10%

Vegetables 42%

Fruits 10%

Starch 25%

---

Deep Fried 5%

\* Calculated over the whole week