

Daily Fresh Fruits and Vegetables !!

Menu plan from September 23rd till October 18th

Fresh Cooking on site !!



VielfaltMenü

Order Form

Family Name :

First Name :

Class :

Street / House number :

Zip Code / Town :

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from September 23rd till September 27th					
A Kids Favourite Meal	Chicken Nuggets with sweet Corn and French fries (G, aw, uw)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Breast of Chicken with Gravy, Beans and Potatoes (G, am)	Cevapcici with Rice carrots and Peas (R, aw, uw, ae, bm)	Potato pancakes with Applesauce or Herb-Yoghurt-Sauce (V, aw, uw, am, ae)
B Around the world	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am)	Curry of Poultry with Basmati Rice and Broccoli (G)	Mushroom Masala with Basmati rice and bell Pepper (V, am)	Pasta with Rucola pesto and Cherry tomatoes (V, aw, uw)	Coalfish with Potatoes and Leek (F, af, 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

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					Menu A	
					Menu B	

Week from September 30th till October 04th					
A Kids Favourite Meal	Sausage of Poultry with French fries and Carrots (G, 2, 3, 15)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	German Unity Day No School	Holiday School No
B Around the world	Mini-Spring roll with mediterranean Couscous (V, 2, aw, uw, ae, ay)	Beans and Potato Curry with Basmati rice (V)	Fried Mushrooms with Hash Browns and Yoghurt Dip am)	German Unity Day No School	Holiday School No
Salad	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		

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					Menu A	
					Menu B	

Week from October 07th till October 11th					
A Kids Favourite Meal	Mini Meatballs with Rice and mixed Vegetables (R, aw, uw, ae, bm)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Escalope of Chicken with French fries and Imperial Vegetables (G, aw, uw, gb)	Pizza with Tomatoes and Cheese (V, aw, uw, am) Salami available (S, 2, 3, 15, aw, uw, am)
B Around the world	"Hirtentasche" with Cheese, Bulgur and mediterranean Vegetables (V, aw, uw, am, ae)	Stewed Beef with Pepper sauce, Rice and Broccoli (R, am)	Paella Rice with Chicken and Shrimps (G, F, ac, af, um, 23)	"Kaiserschmarrn" Stewed pancakes with Applesauce (V, aw, uw, ae, am, 3)	Filet of Fish Français with Rice and Ratatouille (F, aw, uw, 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	Week 1
					Menu A	
					Menu B	

Week from October 14th till October 18th					
A Kids Favourite Meal	Fried Sausage of Poultry or Beef with French fries and Peas (G, R, 2, 3, 7, 15)	Omelette with Spinach and Hash Browns (V, ae, am)	Rigatoni "Bolognese" with Cheese (R, aw, uw, am)	Steak of Chicken Potatoes and Beans (G)	Fish fingers with Basmati rice and Peas (F, aw, uw, af)
B Around the world	"Chili sin Carne" Kidney Beans with Sweet Corn and Nachos (V)	Lahmacun stewed Chicken and Yoghurt sauce available (R, G, aw, uw, ay, am)	Cauliflower-Broccoli-Carrots-Soufflé with Potatoes (V, am)	"Chana" Chick Peas with Tomatoes and Basmati rice (V)	Tortellini with Cheese-Spinach-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	Week 1
					Menu A	
					Menu B	

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

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