



Franconian International School
Hot Lunch Menu
February 2012

	International	Vegetarian
01.02.2012	Beef strips in creamy mushroom sauce with gourmet vegetable and croquettes	Pea stew and crusty bread roll
02.02.2012	Tortellini tricolori in tomato cream sauce, bell pepper, mushroom and cheese to sprinkle	Tortellini tricolori in tomato cream sauce, bell pepper, mushroom and cheese to sprinkle
03.02.2012	Fish nuggets with cocktail sauce and herbed potatoes	Potato pockets stuffed with tomato and mozzarella with cocktail sauce and salad
06.02.2012	Curry sausage (from farm-bred meat) 3,13 with ketchup and potato wedges	Tagliatelle Florentine style with Parmesan cheese
07.02.2012	(Development day, lunch only for teachers) Pork steak with mushroom sauce, stir-fry vegetable and Spätzle	(Development day, lunch only for teachers) Pan cakes stuffed with Ricotta cheese and herbs, stir-fry vegetable
08.02.2012	Vegetable stew Pichelstein with Wiener sausage 3,13 and crusty bread roll	Vegetable stew Pichelstein with crusty bread roll
09.02.2012	Vegetarian Chinese noodle stir-fry with eggs, soy sauce and salad on the side	Vegetarian Chinese noodle stir-fry with eggs, soy sauce and salad on the side
10.02.2012	Breaded fish fillet in dill sauce, mashed potatoes and salad on the side	Vegetarian strudel with yogurt sauce and salad on the side
13.02.2012	Cheese tortellini in tomato-vegetable sauce, cheese to sprinkle	Cheese tortellini in tomato-vegetable sauce, cheese to sprinkle
14.02.2012	Turkey steak in cream sauce, carrots and noodles	Indonesian-style fried rice with vegetables, soy sauce and prawn crackers
15.02.2012	Lentil soup with Wiener sausage 3,13 and crusty bread roll	Lentil soup with crusty bread roll
16.02.2012	Pork strips Gyros style, tsatsiki, onions and tomato rice	Baked vegetable with tsatsiki, onions and tomato rice
17.02.2012	Prima Pasta Pan with salad on the side	Vegetarian Prima Pasta Pan with salad on the side
20.02.2012 To 21.02.2012	Fasching Break – No School	
22.02.2012	Chili con carne with beef, pita bread	Chili sin carne, pita bread
23.02.2012	Kaiserschmarrn (Austrian-style pancakes) with apple sauce, 8, alphabet soup	Kaiserschmarrn (Austrian-style pancakes) with apple sauce,8, alphabet soup
24.02.2012	Meatloaf 3,13 with creamed vegetables and roast potatoes	Vegetable fritter with remoulade sauce, 2,12, potatoes sprinkled with parsley
27.02.2012	Spaghetti with tomato sauce and Parmesan cheese	Spaghetti with tomato sauce and Parmesan cheese
28.02.2012	Breaded chicken breast in Chinese sweet and sour sauce with curried rice	Broccoli-nut-fritter with quark dip, vegetable salad and potatoes
29.02.2012	Shepard's stew Hungarian style with Wiener sausage 3,13 and crusty bread roll	Shepard's stew Hungarian style with crusty bread roll

Additives:

- 1: Preservatives
- 2: Sweetener
- 3: Phosphate
- 4: Coloring
- 5: Flavor enhancer
- 6: Blackened
- 7: Waxed
- 8: Sulphur
- 9: Quinine
- 10: Caffeine
- 11: Antioxidant
- 12: Glazed
- 13: Nitrite salt
- 14: Cooked ham
- 15: Alcohol
- G: Genetically altered constituents

This menu is subject to change without notice. Dessert will be offered daily and will consist of pudding or mousse, quark, yoghurt, fruit salad or fresh fruit.

Enjoy!