



**Franconian International School**  
**Hot Lunch Menu**  
**January 2012**

	International	Vegetarian
01.01.- 05.01.2012	<b>Winter Break</b>	
09.01.2012	Allgäu cheese Spätzle with onion rings, salad on the side	Allgäu cheese Spätzle with onion rings, salad on the side
10.01.2012	Beef goulash with vegetable noodles	Vegetable fritter with quark remoulade 2, 11 and roast potatoes
11.01.2012	Franconian potato stew with Wiener sausage (farm-raised meat) 3,13 and crusty bread roll	Franconian potato stew and crusty bread roll
12.01.2012	Pancakes with vanilla quark and warm strawberries, letter soup	Pancakes with vanilla quark and warm strawberries, letter soup
13.01.2012	Baked fish with cocktail sauce and fancy potato salad	Baked vegetable with cocktail sauce and fancy potato salad
16.01.2012	Tortellini with cheese filling in vegetable-tomato-sauce, cheese to sprinkle and salad	Tortellini with cheese filling in vegetable-tomato-sauce, cheese to sprinkle and salad
17.01.2012	Spring roll with chicken in Chinese sweet and sour sauce,5, rice and salad on the side	Vegetarian spring roll in Chinese sweet and sour sauce,5, rice and salad on the side
18.01.2012	Beef strips in cream sauce, spelt Spätzle and salad on the side	Vegetable julienne with spelt Spätzle and salad on the side
19.01.2012	Half Day – No Lunch	
20.01.2012	No Classes	
23.01.2012	Stuffed bell pepper with beef and pork in tomato sauce, mashed potatoes	Vegetarian stuffed bell pepper in tomato sauce, mashed potatoes
24.01.2012	Gyros-style turkey with tsatsiki, onions, hot pepper and Djuvec rice, 4	Stir-fry vegetable with tsatsiki, onions, hot pepper and Djuvec rice, 4
25.01.2012	Italian vegetable stew with noodles	Italian vegetable stew with noodles
26.01.2012	Apple strudel with vanilla sauce, potato soup	Apple strudel with vanilla sauce, potato soup
27.01.2012	Battered fish nuggets with Chinese sweet and sour sauce,5, vegetable rice	Vegetable nuggets in Chinese sweet and sour sauce,5, vegetable rice
30.01.2012	Chicken nuggets with barbecue sauce,5, baked potato and salad on the side	Vegetable fritter with quark dip, baked potato and salad on the side
31.01.2012	Meat ball with gravy, mashed potatoes and salad on the side	Herbed omelette with mushrooms and salad on the side

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!