



Franconian International School
Hot Lunch Menu
24 August – 30 September, 2009

	International	Vegetarian
24.8.2009	Half Day – no lunch	
25.8.2009	Half Day – no lunch	
26.8.2009	Kebabs in paprika & onion sauce, and potato wedges 3, 13	Vegetable kebabs in paprika & onion sauce, and potato wedges 3, 13
27.8.2009	Hearty vegetable soup with sausages 3, 13	Hearty vegetable soup 3, 13
28.8.2009	Fish fingers, calamari and potato salad	Fish fingers, calamari and potato salad
31.8.2009	Cannelloni with cheese and tomato sauce	Cannelloni with cheese and tomato sauce
1.9.2009	Chicken nuggets in a curried cream sauce with rice and vegetables	Stir fried vegetables in a curried cream sauce with rice
2.9.2009	Germknödel plum jam-filled dumpling with custard and poppy seed sugar	Germknödel plum jam-filled dumpling with custard and poppy seed sugar
3.9.2009	Lentil soup with sausages 3, 13	Lentil soup 3, 13
4.9.2009	Omelets with ham, creamed spinach and potato 13	Omelets with creamed spinach and potato 13
7.9.2009	Spaghetti Bolognese with parmesan cheese	Spaghetti with tomato sauce and parmesan cheese
8.9.2009	Veggie-burger with Mexican-style vegetables and salad	Veggie-burger with Mexican-style vegetables and salad
9.9.2009	Beef goulash with semmel noodles	Stir-fried vegetables
10.9.2009	Pork Gyros with tatziki, pepperoni and tomato rice 4	Holstein-style vegetable hot-pot 3, 13
11.9.2009	Franconian sausages and sauerkraut	Potato pockets
14.9.2009	Florentine tagliatelli with parmesan cheese 13	Vegetable tagliatelli with parmesan cheese 13
15.9.2009	Broccoli-nut slices with herbed soft cheese dip and crispy vegetable salad	Broccoli-nut slices with herbed soft cheese dip and crispy vegetable salad
16.9.2009	Roulade of pork with vegetable sauce and creamed potato 1, 3, 13	Roulade of paprika with vegetable sauce and creamed potato 1, 3, 13
17.9.2009	Soup with pancakes and vanilla quark in pickled plum sauce	Soup with pancakes and vanilla quark in pickled plum sauce
18.9.2009	Poached fillet of fish with a sweet & sour sauce and curried rice	Poached fillet of fish with a sweet & sour sauce and curried rice
21.9.2009	Tortellini with mushrooms and a cheese & mushroom sauce	Vegetable Tortellini with mushrooms and a cheese & mushrooms sauce
22.9.2009	Cauliflower cheese with potatoes	Cauliflower cheese with potatoes
23.9.2009	Hungarian goulash with cranberry sauce and spätzle noodles	Cheese spätzle noodles
24.9.2009	Soup and apple strudel with custard	Soup and apple strudel with custard
25.9.2009	Shellfish mornay with tartar sauce and cold potato & gerkin salad	Shellfish mornay with tartar sauce and cold potato & gerkin salad
28.9.2009	Chicken spring rolls with soy sauce and rice 5	Vegetarian spring rolls with soy sauce and rice
29.9.2009	Herbed fillet of Fish with braised Italian vegetables and gnocchi	Herbed fillet of Fish with braised Italian vegetables and gnocchi
30.9.2009	Soup and potato pancakes with apple sauce 11	Soup and potato pancakes with apple sauce 11

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!