



**Franconian International School
Hot Lunch Menu
February 2010**

	International	Vegetarian
1.02.2010	Pork schnitzel cordon bleu & lemon, potato wedges & side salad 7, 13	Cannelloni in a tomato sauce with cheese to sprinkle
2.02.2010	Meatballs in ham & onion sauce with mashed potato & side salad. 5, 11, 13	Tofu, 'taties & carrots, served with side salad
3.02.2010	Hearty Holstein vegetable soup with sausages & crusty bread rolls 3, 13	Hearty Holstein vegetable soup with crusty bread rolls 3, 13
4.02.2010	Tasty pasta served with mixed salad 2	Vegetarian pasta served with mixed salad
5.02.2010	Potato pancakes with apple sauce	
8.02.2010	Crispy chicken & cranberries, lightly-fried vegetables, potato & side salad	Maultaschen pasta pockets with chunky vegetables & buttered onions
9.02.2010	Croatian-style meat patties filled with cheese, Djuvec rice risotto & side salad 4	Creamed mushrooms with herbed vegetable sauce & dumplings 5
10.02.2010	Turkey goulash with romanesco broccoli, buckwheat spätzle noodles & side salad	Vegetable goulash with buckwheat spätzle noodles & side salad
11.02.2010	Hearty Hungarian stew with sausages & crusty bread rolls 3, 13	Hearty Hungarian stew with crusty bread rolls 3, 13
12.02.2010	Vegetarian lasagna with tomato sauce & side salad	
15 & 16.02.2010	Rosenmontag & Faschingsdienstag – no classes	
17.02.2010	Baked Fleischkäse sausage, creamed vegetables & mashed potato 3, 13	Broccoli nut triangles, creamed vegetables & mashed potato
18.02.2010	Chicken Maryland with potato wedges, tomato sauce & side salad	Hearty Franconian potato soup with pumpkin-seed rolls
19.02.2010	Baked fillet of rock salmon in sweet & sour sauce with long-grain rice 5	Spring rolls in sweet & sour sauce with long-grain rice 5
22.02.2010	Spicy pork & rice with hot Paprika sauce	Veggie Strudel with paprika sauce & side salad
23.02.2010	Savory pancakes with ham & fresh mushrooms with side salad 13	Savory pancakes with fresh mushrooms & side salad 13
24.02.2010	Baked pasta topped with cheese & side salad	Baked pasta topped with cheese & side salad
25.02.2010	Roast breast of turkey with vegetable curry sauce, rösti potato triangles & side salad 11	Hearty Mexican-style soup with pumpkin-seed bread rolls 3, 13
26.02.2010	Baked fillet of cod with quark tartar sauce & potato salad	Veggie burgers with quark tartar sauce & potato salad

Additives:

- 1: Preservatives
- 2: Sweetener
- 3: Phosphate
- 4: Coloring
- 5: Flavour 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 & will consist of pudding or mousse, quark, yoghurt, fruit salad or fresh fruit.

Enjoy!