



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

	<b>International</b>	<b>Vegetarian</b>
4.01.2010	Chicken nuggets with creamed curry sauce, potato wedges and side salad.	Tortellini with cheese & mushroom sauce 1, 2, 11
5.01.2010	Broccoli-nut corners with vegetable sauce and herbed rice	
6.01.2010	<b>Feast of the Epiphany (Heilige Drei Könige) - Public Holiday</b>	
7.01.2010	Hungarian Beef stroganoff with vegetables & pasta 2	Lentil soup with crusty bread rolls
8.01.2010	Baked filled of whiting (fish) with dill cream sauce and potato 1	Veggie-burger with dill cream sauce and potato
11.01.2010	Stuffed bell peppers in a tomato sauce with mashed potato	
12.01.2010	Roast chicken with potato wedges and side salad	Cheese spätzle noodles with side salad
13.01.2010	Savory pancakes in a tomato sauce and side salad	Potato pancakes with apple sauce
14.01.2010	Hearty Hungarian stew with sausages and crusty bread rolls 3, 13	Hearty Hungarian stew with crusty bread rolls 3, 13
15.01.2010	Tasty pasta with side salad	Vegetarian tasty pasta with side salad
18.01.2010	Curried sausages with potato wedges 3, 13	Gnocchi with tomato & vegetable sauce and cheese to sprinkle
19.01.2010	Beef in pepper sauce with potato croquettes and side salad	Vegetarian lasagna with side salad
20.01.2010	Pancakes with blueberry filling and vanilla sauce, soup.	
21.01.2010	<b>Half Day – no lunch</b>	
22.01.2010	<b>Report Writing – no classes</b>	
25.01.2010	Macaroni with ham, broccoli and chopped tomato in a cheese sauce 13	Macaroni with broccoli and chopped tomato in a cheese sauce 13
26.01.2010	Indonesian-style rice with pork in soy sauce with side salad 1	Vegetarian pancakes with a tomato sauce and side salad
27.01.2010	Beef goulash with broccoli and noodles	Quark strudel with vanilla sauce
28.01.2010	Hearty pea soup with sausages and crusty bread rolls 3, 13	Hearty pea soup with crusty bread rolls 3, 13
29.01.2010	Battered fish nuggets in sweet & sour sauce with rice and vegetables	Vegetarian spring rolls with sweet & sour sauce with rice and vegetables

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!