



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

	<b>International</b>	<b>Vegetarian</b>
01.03.2010	Crispy breast of chicken in cream sauce, gourmet vegetable and rice	Tortellini in tomato-vegetable sauce and grated cheese
02.03.2010	Beef goulash with mashed potatoes	Vegetable goulash with mashed potatoes
03.03.2010	Hearty stew with winter vegetables, Wiener sausage and pumpkin seed roll 13, 3	Hearty stew with winter vegetables and pumpkin seed roll
04.03.2010	“Gyros” style pork with Tsatsiki, onion and pepperoni, tomato rice	Stir-fried mixed vegetables with Tsatsiki, onion and pepperoni, tomato rice
05.03.2010	Herb-crusted fish fillet in tomato sauce, pasta with stripes of zucchini	Fried feta cheese in tomato sauce, pasta with stripes of zucchini
08.03.2010	Penne pasta in cream sauce with ham, grated Parmesan cheese	Penne pasta in cream sauce, grated Parmesan cheese
09.03.2010	Sliced turkey in Chinese sweet & sour sauce, curried rice and salad	Spinach & cheese patties on tomato zucchini ragout and potatoes
10.03.2010	Chili con carne (beef), crusty bread roll	Vegetarian Chili, crusty bread roll
11.03.2010	Pancakes with vanilla quark and warm strawberries, vegetable soup	Pancakes with vanilla quark and warm strawberries, vegetable soup
12.03.2010	Meat lasagna, tomato sauce and salad	Vegetable lasagna, tomato sauce and salad
15.03.2010	Prima pasta pan, salad	Vegetarian prima pasta pan, salad
16.03.2010	Potato pockets with herb dip and salad	Potato pockets with herb dip and salad
17.03.2010	Hearty lentil soup with Wiener sausage, crusty bread roll, 3, 13	Hearty lentil soup with crusty bread roll
18.03.2010	Crispy breast of chicken stuffed with cheese and green asparagus, ratatouille and rosemary potatoes	Veggie burger with ratatouille and rosemary potatoes
19.03.2010	Fish fingers with rémoulade sauce and hash brownie smilies, salad	Vegetable strudel in tomato sauce, salad
22.03.2010	Spaghetti Bolognese with grated Parmesan cheese	Spaghetti in tomato sauce with grated Parmesan cheese
23.03.2010	Pork chop with lemon and potato wedges, salad, 7	Stuffed bell pepper in tomato sauce, rice and salad
24.03.2010	Italian vegetable stew with pasta and cheese sausage, 3, 13	Italian vegetable stew with pasta
25.03.2010	Fish balls with sauce, Spätzle and sautéed carrots	Spätzle in tomato sauce, grated cheese and sautéed carrots
26.03.2010	Meatloaf with creamed vegetables and potatoes, 8, 11, 13	Veggie burger with creamed vegetables and potatoes
29.03.2010	<b>Easter break</b>	

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

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!