



**Franconian International School  
Hot Lunch Menu  
November 2009**

	<b>International</b>	<b>Vegetarian</b>
2.11.2009	Pork schnitzel cordon bleu with steakhouse potatoes and side salad 3, 13, 7	Tortellini with cheese & mushroom sauce
3.11.2009	Lasagne	Vegetarian Lasagne
4.11.2009	Turkey breast in hollandaise sauce with broccoli and potatoes	Vegetable patties with hollandaise sauce, broccoli and potatoes
5.11.2009	Pork goulash and pasta with zucchini and carrots	Germknödel plum jam-filled dumpling with custard and poppy seed sugar
6.11.2009	Grilled shellfish with tartar sauce and potato & cucumber salad 1	Hearty pea soup with crusty bread rolls
9.11.2009	Maultaschen pasta pockets with herbed vegetable sauce and cheese to sprinkle	
10.11.2009	Braised beef in gravy with red cabbage and semmelknödel dumpling 5	Vegetable stir-fry with tofu
11.11.2009	Tasty pasta	Tasty pasta vegetarian style
12.11.2009	Braised turkey steak with potato pancakes and mixed salad	Braised vegetables with potato pancakes and mixed salad
13.11.2009	Franconian sausages with sauerkraut and farm-style bread	Veggie burger with quark remoulade and potato salad
16.11.2009	Allgäu cheese spätzle noodles with pan-fried onions	
17.11.2009	Sliced beef in cream sauce with mixed vegetables and potato croquettes	Gnocchi with tomato & vegetable sauce and cheese to sprinkle
18.11.2009	<b>Buß und Betttag – No classes</b>	
19.11.2009	Kaiserschmarrn savory pancakes with apple sauce & soup 11	
20.11.2009	Meat balls with gravy, herbed carrots and mashed potato	Veggie-burgers with sauce, herbed carrots and mashed potato
23.11.2009	Rigatoni pasta with ham, carrots and spinach in a tomato sauce 3, 13	Rigatoni pasta with carrots and spinach in a tomato sauce 3, 13
24.11.2009	Roulade of beef in vegetable sauce with mashed potato 1,2,3, 13	Stuffed peppers with vegetable sauce with mashed potato 1,2,3, 13
25.11.2009	Hearty Franconian Potato hot pot with sausages and crusty bread rolls 3, 13	Hearty Franconian Potato hot pot with crusty bread rolls 3, 13
26.11.2009	Pancakes with quark and hot strawberry sauce 4	
27.11.2009	Baked filet of whiting with tartar sauce and potato salad 1,2	Vegetable strudel with tomato sauce
30.11.2009	Kebabs with BBQ sauce and steakhouse potato 13	Veggie kebabs with BBQ sauce and steakhouse potato 13

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!