



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

	International	Vegetarian
1.10.2009	Lentil soup with sausages and crusty bread rolls	Lentil soup with crusty bread rolls
2.10.2009	Omelette with potato and spinach	
5.10.2009	Cannelloni pasta with tomato sauce and cheese	Cheese Tortellini
6.10.2009	Broccoli-cheese slices with a vegetable sauce and herbed rice	
7.10.2009	Alaskan salmon fillets in batter with a herbed dip and potato	
8.10.2009	Hungarian goulash with sausages 3, 13	Vegetarian Hungarian goulash 3, 13
9.10.2009	Potato pockets with herbed dip and side salad	
12.10.2009	Macaroni with diced tomato, ham and broccoli in a cheese sauce 3, 13	Macaroni with diced tomato and broccoli in a cheese sauce 3, 13
13.10.2009	Swabian Schufpnoodles with ham, sauerkraut and gravy 3, 13	Swabian Schufpnoodles with sauerkraut and gravy 3, 13
14.10.2009	Apple strudel with vanilla custard	
15.10.2009	Sliced tender beef in paprika cream sauce and spätzle noodles	Hearty vegetable stew, Balkan-style 3,13
16.10.2009	Fish Fillet overlaid with broccoli served with tomato sauce and long-grain rice	
19.10.2009	Maultaschen pasta pockets with seasonal winter vegetables and simmered onions	
20.10.2009	Cauliflower cheese with parsley-herbed potato 3, 13	
21.10.2009	Beef chili con carne and crusty bread rolls	Vegetables cooked in the pan with crusty bread rolls
22.10.2009	Piquant rice and pork with tasty paprika sauce	Stuffed peppers/capsicum with tasty paprika sauce
23.10.2009	Meatloaf with cream of cabbage and potato	Fillet of Fish with potato and salad dip
26.10.2009	Rigatoni with spinach, carrots and ham in a tomato sauce 3, 13	Rigatoni with spinach and carrots in a tomato sauce 3, 13
27.10.2009	Roast kassler pork with gravy, sauerkraut and potato 13	Broccoli-nut slices with herbed soft cheese dip and side salad
28.10.2009	Hearty Franconian Potato hot pot with sausages and crusty bread rolls 3, 13	Hearty Franconian Potato hot pot with crusty bread rolls 3, 13
29.10.2009	Kräuterschmarrn savory pancakes with ham and mushrooms 3,13	Kräuterschmarrn savory pancakes with mushrooms 3,13
30.10.2009	Baked fillet of fish with cream of tartare sauce and potato salad 2	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!