

FRENCH & GERMAN  
SCHOOL QINGPU  
WEEKLY MENU



MONDAY 1/14/2019	TUESDAY 1/15/2019	WEDNESDAY 1/16/2019	THURSDAY 1/17/2019	FRIDAY 1/18/2019
LETUCE CHERRY TOMATO SALAD	SHAVED CARROTS RAISIN CUMIN	COLESLAW SALAD	TABOULE	CUCUMBER SALAD FRESH CORIANDRE
BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR
GREEN PEA SOUP	CORN SOUP	CARROT SOUP	TOMATO SOUP	MIXED VEGETABLE SOUP
FISH "no"PAPILLOTTE	DOUBLE SLICED SAUTEED DUCK	CHICKEN DICE & VEGETABLES WHITE VELOUTE SAUCE	PORK STEW WITH VEGETABLES	CARBONARA
HAM & CHEESE OMELETTE	BAKED SAUSAGES GRAVY SAUCE	MEATLOAF	FISH MEUNIERE FRESH LEMON	SAUTEED DUCK BREAST AND VEGETABLES
PARSLEY POTATO	RICE WITH CORN	CHEESE MACARONI	ROASTED POTATO	PASTA COUSCOUS
CABBAGE	GREEN PEA	STEAMED CAULIFLOWER OLIVE OIL	GREEN BEAN	ZUCCHINI
FRUIT SALAD	PEAR COPMPOTE	SOGO COCO	APPLE TART	GREEN MELON
FIBER MUFFIN	VANILA CREAM AND SPONGE CAKE	MARBLE CAKE	ORANGE CUTS	HUNDRED & THOUSANDS CAKE

SET MEALS COMPOSITION:

Free Flow of Salad Bar

Soup

Choice between 2 main course

Vegetables

Starch

Dessert

Water and yoghurt

\* MENU SUBJECT TO CHANGE

KDG MENUS

Nutritional reading: \*

Red Meat 14%

Fish 5%

White Meat 8%

Vegetables 46%

Starch 27%

Deep Fried 0%

\* Calculated over the whole week