

FRENCH & GERMAN
SCHOOL QINGPU



MONDAY 1/21/2019	TUESDAY 1/22/2019	WEDNESDAY 1/23/2019	THURSDAY 1/24/2019	FRIDAY 1/25/2019
SHAVED CARROTS RAISIN SALAD	BABY TOMATO SALAD	QUINOA SALAD	CUCUMBER	TUNA PEACH SALAD
BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR
ONION SOUP	BEEF SOUP	CAULIFLOWER SOUP	GREEN VEGETABLE SOUP	POTATO SOUP
MUSHROOM & PARSLEY OMELETTE (FRIED BACON ON SIDE)	BAKED FISH IN BREAD CRUST AND SOY	ROASTED PORK SLICE THYME SAUCE	MEAT BALL GRAVY	MARINATED CHICKEN BREAST
GRILLED FISH FILET WITH TOMATO SAUCE	CHICKEN LEG TOMATO SAUCE	ROASTED DUCK BREAST	CHICKEN AND SPINACH LASAGNA	SAUTEED PORK in SAUCE
PASTA FRESH BUTTER	MASH POTATO	WHITE RICE	TORTELLINI	COUSCOUS
SAUTEED CABBAGE	CARROT CUMIN	STEAMED BROCCOLI	GREEN BEAN AND CARROTS	RATTOUILLE
ORANGE CUT	VANILLA CREAM	MELON	ICE CREAM (KDG ONLY)	SOGO COCO
WATERMELON	MIXED FRUIT SALAD	BANANA	CHOCOLATE CAKE	BANANA 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 11%

Fish 5%

White Meat 11%

Vegetables 45%

Starch 28%

Deep Fried 5%

* Calculated over the whole week