

FRENCH & GERMAN
SCHOOL QINGPU



MONDAY 1/28/2019	TUESDAY 1/29/2019	WEDNESDAY 1/30/2019	THURSDAY 1/31/2019	FRIDAY 2/1/2019
CUT TOMATO	SHAVED CUCUMBER	CORN SALAD	RICE SALAD	EGG BACON SALAD
BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR	BALANCED CHOICE SALAD BAR
POTATO SOUP	GREEN SOUP	CHICKEN BROTH	CARROT SOUP	PUMPKIN SOUP
STEAMED FISH TURMERIC SAUCE	TOMATO EGG	SAUTEED PORK	FRIED NOODLE CARROT/EGG/HAM	ROASTED DUCK
CHICKEN SAUSAGE	PORK STEW	ROASTED DUCK GRAVY	CHICKEN DICE WHITE MUSHROOM SAUCE	FISH MEUNIERE FRESH LEMON
ROASTED POTATO CUBE	RICE	COQUIELLETTE PASTA	ROASTED POTATO	TORTELLINI
SPINACH	BROCCOLI	CAULIFLOWER GRATINATED	MIXED VEGETABLE	GREEN BEAN
APPLE SALAD	PEAR	BANANA	HAMIMELON	TANGERINE
MUFFIN	MARBLE CAKE	FLAN CARMEL	SOGO COCO	RICE PUDDING

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 8%

Fish 5%

White Meat 12%

Vegetables 47%

Starch 28%

Deep Fried 0%

* Calculated over the whole week