

Daily Fresh Fruits and Vegetables !!

Menuplan from March 06th till March 31st

Fresh Cooking on site !!



Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from March 06th till March 10th					
A Kids Favourite Meal	Macaroni "Cheese" with Carrots (V, aw, uw, am)	"Arroz con Pollo" Chicken with Rice bell Pepper and Peas (G)	Pasta "Bolognese" with Cheese (R, aw, uw, am)	Stewed Chicken with Basmati Rice and Peas (G)	Fish fingers with mashed Potatoes and Carrots (F, aw, uw, af)
B Around the world	Gyros of Turkey with Tzatziki, Bulgur and Sweet Corn, Peas (aw, uw, am)	Hash Browns filled with Cheese served with Ratatouille (V, am)	"Schupfnudeln" with Mushrooms, Carrots and Beans (V, aw, uw, ae)	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am)	Beans and Potato Curry with Basmati Rice (V)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season
Week from March 13th till March 17th					
A Kids Favourite Meal	Pasta with Tomato sauce and Cheese (V, aw, uw, am)	Breast of Chicken with Mediterranean Potatoes (G)	Scrambled Egg with creamed Spinach and Hash Browns (V, ae, am)	Spaghetti "Asian Style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23)	Cevapcici with Basmati Rice and mixed Vegetables (R, aw, uw, ae, bm)
B Around the world	Stewed Beef with Basmati Rice and Beans (R)	Chili sin Carne Beans with Sweet Corn and Tomatoes (V)	Chicken Masala with Basmati rice and Broccoli (am)	Coal fish with Rice and Ratatouille (F, af)	Fried Mushrooms with Hash Browns and Yoghurt Dip (am)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season
Week from March 20th till March 24th					
A Kids Favourite Meal	Staff Training Day No School	Boiled Sausage of Poultry with French fries and Sweet Corn (G, 2, 3, 7, 15)	Spaghetti "Bolognese" with Cheese (R, aw, uw, am)	Pancake with Cinnamon, Sugar and Applesauce (V, aw, uw, ae, am)	Pizza with Tomatoes and Cheese (V, aw, uw, am) Salami available (S, 2, 3, 15, aw, uw, am)
B Around the world	Staff Training Day No School	Tortellini mit Basil-Tomato sauce and Cheese (V, aw, uw, ae, am)	Mini-Spring roll with Mediterranean Couscous (V, 2, aw, uw, ae, ay)	Steak of Turkey with Gratin Potatoes and Beans (G, am)	Fish filet Français with Basmati rice and Broccoli (F, 1, aw, uw, af)
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season
Week from March 27th till March 31st					
A Kids Favourite Meal	Hamburger with Tomatoes, Cucumber and French fries (R, aw, uw, as)	Pasta "Napoli" with Tomato sauce and Cheese (V, aw, uw, am)	Sausage of Poultry with Potatoes and Peas (G, 2,3,15)	Breast of Chicken with Gravy Rice and Peas	Fish fingers with mashed Potatoes and Spinach (F, aw, uw, am, af)
B Around the world	Yeast Dumpling filled with Cherries served with Custard (V, 3, aw, uw, ae, am)	Burritos stewed Chicken and salsa sauce available (G, aw, uw)	Hah Brawns with Cheese, Bulgur and Mediterranean Vegetables (V, aw, uw, am, ae)	"Frankfurter Grüne Soße" with boiled Egg and Potatoes (V, ae, am)	Mushroom -Curry with Basmati Rice and mixed Vegetables Gemüse
Salad	Salad of the season	Salad of the season	Salad of the season	Salad of the season	Salad of the season
Dessert	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season	Fruits of the season

Additives: 1 - with colours, 2 - with preservatives, 3 - with antioxidants, 4 - with flavour enhancers, 5 - with sweeteners, 7 - with phosphate, 8 - waxed, 15 - with nitrite salting mix;
Allergens: aw - contains cereals containing gluten*, uw - contains wheat*, nr - contains rye*, gb - contains barley*, go - contains oat*, gs - contains spelt*, gk - contains kamut*, ax - contains other gluten containing grain*, ac - contains crustaceans*, ae - contains eggs*, af - contains fish*, ap - contains peanuts*, ay - contains soybeans*, am - contains milk*, an - contains nuts*, sa - contains almond*, sh - contains hazelnut*, sw - contains walnut*, sc - contains cashew*, sp - contains pecan nut*, sr - contains brazil nut*, st - contains pistachio*, sm - contains macadamia nut*, sq - contains queensland nut*, bc - contains celery*, bm - contains mustard*, as - contains sesame*, au - contains sulphur

Order Form

Family Name : _____
 First Name : _____
 Class : _____
 Street / House number : _____
 Zip Code / Town : _____

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Monday	Tuesday	Wednesday	Thursday	Friday	Menu
					Menu A
					Menu B

Please hand in to Kiosk
 Vielfaltmenü c/o ISF
 Straße zur Internationalen Schule 33
 65931 Frankfurt am Main

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