

Daily Fresh Fruits and Vegetables !!

Menu plan from September 25th till October 20th

Fresh Cooking on site !!



VielfaltMenü

Menu/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week from September 25th till September 29th					
A Kids Favourite Meal	Sausage of Poultry with French fries and Carrots (G, 2, 3, 15) 	Spaghetti "Bolognese" with Cheese (R, aw, uw, am) 	Breast of Chicken with Gravy, Beans and Potatoes (G, am) 	Fish fingers with Basmati Rice and Peas (F, aw, uw, af) 	Omelette with Spinach and mashed Potatoes (V, ae, am) 
B Around the world	Ravioli with Herb-Cheese-Sauce (V, aw, uw, ae, am) 	Beans and Potato Curry with Basmati Rice (V) 	Pasta with Rucola pesto and Cherry tomatoes (V, aw, uw) 	"Maultaschen" with Broccoli, Beans and Carrots (V, aw, uw, ae, bc) 	"Bulgogi" Stewed Beef with Rice and Broccoli (R, ay, as) 
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 October 02nd till October 06th					
A Kids Favourite Meal	Staff Training Day No School	German Unity Day No School	Pasta with Tomato sauce and Cheese (V, aw, uw, am) 	Pancake with Cinnamon, Sugar and Applesauce (V, 3, aw, uw, ae, am) 	Escalope of Chicken with French fries Imperial Vegetables (G, aw, uw, gb) 
B Around the world	Staff Training Day No School	German Unity Day No School	Paella Rice with Chicken and Shrimps (G, F, ac, af, um, 23) 	Chicken Masala with Basmati Rice and Broccoli (G, am) 	Fried Mushrooms with Hash Browns and Yoghurt Dip (V, am) 
Salad			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

Week from October 09th till October 13th					
A Kids Favourite Meal	Hot Dog with French fries and Ketchup (G, 3, 7, 15, aw, uw) 	Mini-Spring roll with Rice and mixed Vegetables (V, aw, uw, ae) 	Rigatoni "Bolognese" with Cheese (R, aw, uw, am) 	"Arroz con Pollo" Chicken with Rice Peas and bell Pepper (G) 	Pizza with Tomatoes and Cheese (V, aw, uw, am) 
B Around the world	Fried Couscous with mixed Vegetables (V, aw, uw) 	Lahmacun stewed Chicken and Yoghurt sauce available (R, G, aw, uw, ay, am) 	Cauliflower-Broccoli-Carrots-Soufflé with Potatoes (V, am) 	"Chili sin Carne" Kidney Beans with Sweet Corn and Nachos (V) 	Filet of Fish Français with Rice and Ratatouille (F, 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 October 16th till October 20th					
A Kids Favourite Meal	Mini Meatballs with Rice and mixed Vegetables (R, aw, uw, ae, bm) 	Pasta "al Forno" with Tomato sauce and topped with Cheese (V, aw, uw, am) 	Steak of Chicken Potatoes and Beans (G) 	Chicken Nuggets with French fries and Sweet Corn (C, aw, uw) 	Pasta "Asian style" with Carrots, Leek and Broccoli (V, aw, uw, ay, 23) 
B Around the world	Mediterranean Potatoes with Zucchini and Carrots (V) 	Stewed Beef with Pepper sauce, Rice and Broccoli (R, am) 	Tortellini with Cheese-Spinach-Sa (V, aw, uw, ae, am) 	"Chana" Chick Peas with Tomatoes and Basmati Rice (V) 	Coalfish with Potatoes and Leek (F, af, 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

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	Week 1
					A	
					B	

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Monday	Tuesday	Wednesday	Thursday	Friday	Menu	Week 1
					A	
					B	

Please hand in to Kiosk
Vielfaltmenü c/o ISF

Straße zur Internationalen Schule 33
65931 Frankfurt am Main

VielfaltMenü Contact: Steve Völker 069/37568575 | Fax 069/37568576 | Mail isf.3192@vielfaltmenue.com