

SPEISEPLAN / MENU

08. Oktober – 02. November 2017

Sunday, 08.10. Green salad and vegetable sticks, Meat Loaf, Mashed Potatoes*, Gravy*, Apples	Monday, 09.10. Hearty Minestrone stew with French bread, fruit yoghurt*	Tuesday, 10.10. Green salad and vegetable sticks, Fish & Vegetable Tempura, Tatar sauce Water Melon slices	Wednesday, 11.10. Roasted Chicken, Parsley Potatoes, vegetables* custard*	Thursday, 12.10. Green salad and vegetable sticks, Creamy Chicken*, Spätzle, vegetables Bananas
Sunday, 15.10. Green salad and vegetable sticks, Spaghetti with Tomato sauce, Fruits	Monday, 16.10. Fried chicken, mashed potatoes, gravy fruit yoghurt*	Tuesday, 17.10. Green salad and vegetable sticks, Hot Dogs, french fries watermelon slices	Wednesday, 18.10. Beef stew with vegetable rice, custard*	Thursday, 19.10. Green salad and vegetable sticks, Ham noodles * fruits
Sunday, 22.10. Green salad & Vegetable sticks, Spaghetti Bolognese, Apples	Monday, 23.10. Sausage and Potato Stew with vegetable, fruit yoghurt*	Tuesday, 24.10. Green salad and vegetable sticks, Chicken Schnitzel, potatoes* and carrots*, Water Melon	Wednesday, 25.10. Creamy vegetables*, steamed rice, custard*	Thursday, 26.10. Green salad and vegetable sticks, Mini burgers with french fries, Bananas
Sunday, 29.10. Green salad and vegetable sticks, Pizza variety*, Fruits	Monday, 30.10. Fish fingers, peas and carrots*, potato salad, fruit yoghurt	Tuesday, 31.10. Green salad and vegetable sticks, Chicken fricassee * and rice, watermelon slices	Wednesday, 01.11. Beef scaloppini, potato croquettes and vegetable, custard*	Thursday, 02.11. Green salad and vegetable sticks, Pasta with mushroom sauce*, chocolate brownies**

*dairy; **nuts/nut oil

Please be aware that our caterer , ALBustan Residences and the German International School Riyadh cannot guarantee a completely allergen free atmosphere in this school catering program.

