

# Menu

September 2020

# International Schools



## Monday 31.08.

### Menu 1:

Meat ball (beef) with cream sauce, served corn and potatoes 1, 3, 5

### Menu 2:

PASTA - Tortelloni (stuffed with ricotta and spinach)  
with basil pesto sauce and crudités (carrot) 3 😊

## Tuesday 01.09.

### Menu 1:

Creamy veal ragout with Spirelli noodles,  
served with lettuce in yogurt dressing

Actionbar:

### Menu 2:

Corncob with herb butter,  
served with radish curd cheese and potatoes 1, 3 😊

Pizza 1, 2, 3

## Wednesday 02.09.

### Menu 1:

Chicken breast with poultry jus,  
served with cauliflower and Eby 1, 5 😊

Actionbar:

### Menu 2:

Vegetarian burger with burger bun, vegan patty, tomatoes,  
salad, gherkin and burger sauce,  
served with potato wedges 1, 2, 3, 5, 9

Menu 1 with Eby or rice

## Thursday 03.09.

### Menu 1:

Chopped turkey with mushrooms, peas and spaetzle 1, 5

Pastabar:

Wholemeal-Spirelli noodles with  
tomatosauce and grated cheese 3

### Menu 2:

PASTA - Wholemeal Spirelli noodles  
with creamy pumpkin sauce, grated cheese and  
lettuce with vinegar oil dressing 3 😊

## Friday 04.09.

### Menu 1:

Breaded fish filet (coalfish) with remoulade, potatoes and crudités (cucumber) 3, 9 😊

### Menu 2:

Vegetarian patty with herb sauce, rice and lettuce with raspberry dressing 3

😊 The marked menu is based on the DGE quality standards for school catering and for catering in day care facilities for children. But our kitchen is not yet certified by the DGE (German Nutrition Society).

The following declarable additives are contained in our dishes:

- 1 with artificial colouring
- 2 with preservatives
- 3 with antioxidants
- 4 with flavour enhancer
- 5 sulphured
- 6 blackened

- 7 waxed
- 8 with phosphate
- 9 with sweeteners
- 10 contains a source of phenylalanine
- 11 with lactoprotein

 = 100% organic

Organic products  
marked in green

Broich Premium Catering  
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Kontrollnummer: D-NW-039-4734-OBO  
EU-Nicht-EU-Landwirtschaft

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## Monday 07.09.

### Menu 1:

Meat ball (poultry) with creamy sauce, served with **carrots** and **rice** 1, 5

### Menu 2:

PASTA - Vegetarian "Maultaschen" casserole with tomato sauce,  
served with cucumber salad in yogurt dressing 😊

## Tuesday 08.09.

### Menu 1:

Beef sausage with ketchup, **potatoes** and carrot apple salad  
in vinegar oil dressing 2, 3

### Menu 2:

Chopped soy with mushrooms, served with **rice**  
and lettuce with raspberry dressing 1, 5 😊

## Wednesday 09.09.

### Menu 1:

Chicken gyro, served with **rice**, cabbage salad in vinegar oil dressing and tzaziki 2, 3

### Menü 2:

Eggs with mustard sauce and **potatoes**, served with lettuce and French dressing 1, 2, 3, 5 😊

## Thursday 10.09.

### Menu 1:

"Köttbullar": Small meat balls (beef) with cranberries in gravy,  
served with **rice** and crudités (carrots) 1, 5 😊

### Menü 2:

Pea stew with **wheat baguette**

## Friday 11.09.

### Menu 1:

Breaded fish filet (codfish) with lemon mayonnaise,  
served with **potatoes** and lettuce with herb basil dressing 3, 8 😊

### Actionbar:

Bami Goreng 2  
(Asian stir fry with noodles)

### Menu 2:

Potato fritter with apple puree 3

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## Monday 14.09.

### Menu 1:

Sausage (poultry) with gravy, **cauliflower vegetables** and **potatoes** 1, 3, 5

### Menü 2:

Carrot cream soup with **wheat baguette** 3



## Tuesday 15.09.

### Menu 1:

PASTA - **Spaghetti** with Bolognese sauce (beef), served with Italian hard cheese and cucumber salad in yogurt dressing 2

### Menu 2:

Potato gratin with broccoli and green spelt, served with lettuce and **vinegar oil dressing** 3



## Wednesday 16.09.

### Menu 1:

Spanish Paella (rice pan with corn, bell pepper and peas) with salmon, served with lemon dip

### Pastabar:

Tortelloni (spinach and ricotta) with tomatosauce 3

### Menu 2:

PASTA - Vegetarian tortelloni (spinach) with basil pesto sauce and lettuce in raspberry dressing 3

## Thursday 17.09.

### Menu 1:

Chicken breast with pineapple and mozzarella cheese, served with curry sauce, **rice** and crudités (cucumber)

### Actionbar:

Menu 2 with Eby or rice

### Menu 2:

Cauliflower cheese patty with herb sauce, **Eby** and lettuce with yogurt dressing 3

## Friday 18.09.

### Menu 1:

PASTA - Wholemeal Spirelli noodles with small meat balls (poultry) in tomato sauce, served with crudités (carrot)

### Menu 2:

Vegetarian escalope (soy) with vegetable ratatouille (zucchini, bell pepper, tomato), served with lettuce and French dressing 2, 3, 5

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## Monday 21.09.

### Menu 1:

Veal goulash with Spirelli noodles,  
served with Chinese cabbage corn salad in yogurt dressing <sup>3</sup> ☺

### Menu 2:

PASTA - Gratinated Cannelloni stuffed with spinach and ricotta in Bechamelsauce,  
served with lettuce with raspberry dressing

## Tuesday 22.09.

### Menu 1:

Fish filet (coalfish), served with tomato sauce  
and potatoes <sup>2, 3</sup> ☺

### Pastabar:

Penne noodles with  
Carbonarasauce (poultry)  
and grated cheese <sup>1, 2, 3</sup>

### Menu 2:

PASTA – Penne noodles with tomato sauce,  
served with grated cheese  
and lettuce with vinegar oil dressing



## Wednesday 23.09.

### Menu 1:

Chicken breast with vegetable Couscous (celery, bell pepper, carrot)  
and herb curd cheese <sup>3</sup>

### Menu 2:

Vegetarian patty (spring onion, bell pepper, carrot)  
served with chive sauce, rice and crudités (cucumber) <sup>3, 8</sup> ☺

## Thursday 24.09.

### Menu 1:

Chili sin Carne (red beans, corn, bell pepper) with sour cream  
and wheat baguette ☺



### Menu 2:

"Kaiserschmarrn" with vanilla sauce

## Friday 25.09.

### Menu 1:

"Asian" chopped beef with carrots and bamboo sprouts, served with rice <sup>1, 2, 3, 8</sup>

### Menu 2:

Potato cream soup with wheat baguette <sup>3</sup> ☺



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## Monday 28.09.

### Menu 1:

Hamburger with burger bun, meat ball (beef), tomatoes, salad, gherkin and burger sauce,  
served with potato wedges 1, 2, 3, 5, 9

### Menu 2:

Gnocchi with vegetable bolognese, served with Italian hard cheese 2 😊

## Tuesday 29.09.

### Menu 1:

Breaded fish filet (coalfish) with cocktail sauce and potatoes,  
served with lettuce and yogurt dressing 3 😊

### Menu 2:

Vegetable curry (chickpea, carrot, bell pepper) in coconut sauce, served with rice 3 

## Wednesday 30.09.

### Menu 1:

"Fleischkäse" (poultry) with sweet mustard,  
potato salad in vinegar oil dressing 2, 3, 8

### Actionbar:

Pizza 1, 2, 3

### Menu 2:

Bread dumpling with mushroom sauce  
and lettuce with raspberry dressing 😊

## Thursday 01.10.

### Menu 1:

Chicken fricassee with peas and spaetzle 😊

### Menu 2:

Pumpkin cream soup with wheat baguette 3 

## Friday 02.10.

### Menu 1:

Chicken thigh with tomato dip, served with potatoes and crudités (carrot) 3

### Menu 2:

PASTA - Wholemeal noodle casserole with vegetable (broccoli, pea, carrot) in Bechamel sauce,  
served with lettuce and vinegar oil dressing 😊 

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