

Speiseplan Schuljahr 2015/16

Stand 19.05.2016

Tag	Woche 1	Woche 2	Woche 3	Woche 4	Frühstück Woche 1 - 4
Sonntag <i>"Nudeltag"</i>	Muschelnudeln Champignon-Sahne-Soße (alternativ Tomatensauce) Brot Salatbuffet Obstsalat	Spaghetti "Pesto" Paprikagemüse Salatbuffet + Kartoffelsalat Obstsalat	Fusilli Tomatensoße Erbsen Salatbuffet + Kartoffelsalat Obstsalat	Spaghetti Bolognesesoße Karotten Salatbuffet Obstsalat	Brötchen mit Putenaufschnitt Omelette Nesquik Frisches Obst Tomaten, Gurken
Montag <i>"Hühnertag"</i>	Hähnchengeschnetzeltes Salzkartoffeln Erbsen Salatbuffet Frisches Obst	Hähnchenschnitzel mit heller Soße Kartoffeln Zucchini Salatbuffet Frisches Obst	gegrilltes Hähnchenfilet mit Champignonsoße Kartoffelpüree Karotten Salatbuffet Frisches Obst	Asiatische Hähnchenpfanne mit Paprika Reis Salatbuffet Frisches Obst	Toast mit Käse überbacken Schokoflocken mit Milch Saft Frisches Obst Gurken, Karottensticks
Dienstag <i>"Ägyptischer Tag"</i>	Macarona Bechamel Brokkoli Salatbuffet, Tehina Kartoffelsalat Obstsalat	Falafel Reis Molochia Tehina /Fladenbrot Salatbuffet Obstsalat	Koshari geröstete Zwiebeln Salatbuffet, Tehina Obstsalat	Moussaka Reis Brot Salatbuffet, Tehina Obstsalat	Foul mit Fladenbrot Petit Pan mit Streichkäse Cornflakes mit Milch Saft Frisches Obst Tomaten, Gurken
Mittwoch <i>"Internationaler Tag"</i>	Linsen-Kartoffel-Eintopf Brot Salatbuffet + Kartoffelsalat Apfelmus	Bratkartoffeln Hackfleischbällchen Karotten Salatbuffet Apfelmus	Mexikanisches Chili Reis Salatbuffet + Nudelsalat Frisches Obst	Pommes Frites Hamburger Ketchup & Mayonaise Salatbuffet Frisches Obst	Brötchen mit Gouda Toast mit Nutella Cornflakes mit Milch Frisches Obst Gurken, Karottensticks
Donnerstag <i>"Vegi-Tag"</i>	Rahmspinat Kartoffelpüree Rührei Salatbuffet Milchreis mit Zimt	Ratatouille Tomatensauce Reis Brot Salatbuffet Schokoladenpudding	Gemüse-Burger Reis Joghurt-Soße Salatbuffet + Nudelsalat Grießpudding	Brokkoli-Nudelaufbau Salatbuffet Apfelpfannkuchen	Brötchen mit Putenaufschnitt Joghurt Natur und Frucht Honig Nesquik Frisches Obst Tomaten, Gurken

Menu 2015/2016

19.05.2016

Day	Week 1	Week 2	Week 3	Week 4	Breakfast week 1 - 4
Sunday "Pasta Day"	Pasta (Shells) Mushroom cream sauce (alternative tomato sauce) Bread Salad buffet Fruit Salad	Spaghetti "Pesto" Paprika vegetables Salad buffet + potatoe salad Fruit Salad	Fusilli Tomato sauce Green Peas Salad buffet + potatoe salad Fruit Salad	Spaghetti Bolognese sauce Carrots Salad buffet Fruit Salad	Sandwiches with smoked turkey Omelette Nesquik Fresh fruits Tomato, Cucumber
Monday "Chicken Day"	Strips of chicken filet in creme sauce Potatoes Green Peas Salad buffet Fresh Fruits	Chicken panee with cream sauce Potatoes Zucchini Salad buffet Fresh Fruits	Grilled chicken filet with sauce mushroom Mashed potatoes Carrots Salad buffet Fresh Fruits	Chicken Asian style with peppers Rice Salad buffet Fresh Fruits	Toast baked with cheese Chocoflakes with milk Juice Fresh fruits Cucumber, carrot-sticks
Tuesday "Egyptian Day"	Macarona Bechamel Broccoli Salad buffet, Tehina Potatoe salad Fruit Salad	Falafel Rice Molochia Tehina / pita bread Salad buffet Fruit Salad	Koshari with roasted onions Salad buffet, Tehina Fruit Salad	Moussaka Rice Bread Salad buffet, Tehina Fruit Salad	Foul with egyptian bread Petit pan with cheese spread Cornflakes with milk Juice Fresh fruits Tomato, Cucumber
Wednesday "International Day"	Lentil-Potatoe-Stew Bread Salad buffet + Potatoe salad Apple puree	Roasted potatoes Small meat balls Carrots Salad buffet Apple puree	Mexican Chili Rice Salad buffet + Pastasalad Fresh Fruits	French Fries Beef burger Ketchup + Mayonaise Salad buffet Fresh Fruits	Sandwiches with Gouda Toast with Nutella Cornflakes with milk Fresh fruits Cucumber, carrot-sticks
Thursday "Vegi Day"	Spinach Mashed potatoes Scrambled eggs Salad buffet Rice pudding with cinnamon	Ratatouille Tomato sauce Rice Bread Salad buffet Chocolate pudding	Vegetable Burger Rice Joghurt-Sauce Salad buffet + Pastasalad Semolina pudding	Broccoli-Pasta-Soufflee Salad buffet Chocolate pudding Apple pancake	Sandwiches with smoked turkey Joghurt plain and with fruit Honey Nesquik Fresh fruit Tomato, Cucumber