



Deutsche Schule Shanghai Pudong  
Willkommen sein – Gemeinschaft erleben – Welt entdecken

# Deutsche Schule Pudong

# Aden

## Lunch Set Menu

Datum	Montag 06May	Dienstag 07May	Mittwoch 08May	Donnerstag 09May	Freitag 10May
Salat Buffet	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection
Suppe	Sweet corn soup	Minestrone	Broccoli soup	Cream of asparagus soup	Carrot and ginger
Hauptgericht	Roasted snaper with Mustard sauce and Sautéed dill cucumber Roast potatoes	Chicken Fricassee Carrots and vegetable rice	Potato stew with Frankfurt sausage	Salami Pizza Ratatouille	Sausage and bell pepper Pizza Ratatouille
Vegetarisches Hauptgericht	Mexican fajita with Bell pepper filling Green beans	Spaghetti in tomato sauce Broccoli	Vegetable strudel with Cherry tomatoes and Asparagus	Fusilli pasta in cream spinach	Srambled egg with tomato wok fried noodle with vegetable
Dessert	Banana cake	Coconut sago	Carrot cake	Ice cream	Pear compote
Fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit



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## Lunch Set Menu

Datum	Montag 13May	Dienstag 14May	Mittwoch 15May	Donnerstag 16May	Freitag 17May
Salat Buffet	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection
Suppe	Spinach soup	Onion soup	Tomato soup	Beef goulash soup	Pumpkin soup
Hauptgericht	Cottage pie (Beef/Pork) Peas and Carrot Steamed rice	Bread crumbed fish filet With tartar sauce Cougette and bell pepper Mashed potatoes Penne pasta	"Königsberger Kochklops" Meat ball in creamy caper sauce Butter carrots&cauliflower Parsley potato	Roasted chicken Green beans Potato wedges	Pork stripes in Bellpepper ragout Steamed rice
Vegetarisches Hauptgericht	Kidney bean burritos With bell pepper and corn Tomato salsa	Reibekuchen with apple sauce	Tomato and egg with vegetable fried rice	Macaroni and cheese	Cous cous and chick pea With cucumber and tomato in Pita bread
Dessert	Waffle	Mixed melon cup	Milk rice with cinnamon	Ice Cream	Fruit salad with yoghurt
Fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit

## Lunch Set Menu

Datum	Montag 20May	Dienstag 21May	Mittwoch 22May	Donnerstag 23May	Freitag 24May
Salat Buffet	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection
Suppe	Carrot soup	Lentil soup	Minestrone	Pumpkin soup	Cauliflower soup
Hauptgericht	Kalssler with gravy Sauerkraut and mashed potato	Duck in Mediterranean Vegetable ragout Tomato pasta	Pork loin kebabs Tomato cucumber salad Pita bread	Roasted snapper fillet Courgettes Lentils	Beef quesdilla Tomato salsa Cauliflower
Vegetarisches Hauptgericht	Vegetable Strudel Cherry tomato Ragout	Chick pea and vegetable curry With Laffa bread	Potato Gnocchi with Ratatouille	Mustard eggs with carrots Boiled potatoes	Breasied beancurd with vegetable and soya sauce steamed rice
Dessert	Cream Puff	Coconut sago	Carrot cake	Ice cream	Mixed melon cup
Fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit



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## Lunch Set Menu

Datum	Montag 27 May	Dienstag 28 May	Mittwoch 29 May	Donnerstag 30 May	Freitag 31 May
Salat Buffet	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection	Daily salad selection
Suppe	Sweet corn soup	Borsch with bacon Cabbage and beetroot	Celery & apple	Potato soup	Vegetable broth
Hauptgericht	Chicken steak Hawaii Broccoli Potato wedges	Fish filet in herb egg skin Courgette, bellpepper Spaghetti With toamato sauce	Duck breast Red cabbage Bread dumplings	Beef Goulash Carrots & zucchini Penne pasta	Sautéed chicken stripes in Creamy mushroom sauce Peas and rice
Vegetarisches Hauptgericht	Pizza Margherita	Fried noodles with green Vegetable	Farmers breakfast Potato, onion, broccoli and egg	Bell peppers stuffed with Vegetables, rice and beans on tomato sauce	Falafel in pita bread with Yoghurt sauce
Dessert	Carrot cake	Water melon with yoghurt	Milk rice with cinnamion	Ice cream	Apple puree
Fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit