

# **International School of Bremen**

**Schulküchen Bremen e.V.**

## **Lunch Menu**

-Speisekarte-

**Monday, 11<sup>th</sup> November 2019**

### **Cream of Carrot Soup with Ginger**

- Möhrencremesuppe mit Ingwer -  
(Lactose)



### **Organic Quality Salad Bar**

-Salatbuffet in Bio-Qualität-  
(Lactose, Gluten, Nuts)



### **Chinese Style Stir-fried Vegetables with Soy Sauce and Wholegrain Rice**

-Wokgemüse (Chinakohl, Zwiebeln, Paprika und Bambus-Sprossen)  
mit Sojasauce und Vollkornreis-



### **Kiwis**

-Kiwis-

We use seasonal fruits and vegetables from regional organic cultivation in our catering.  
Please be aware that short-term meal plan amendments are possible due to changes in  
weather conditions, or by the waiving of the pre-registration for the hot meal.  
As a rule, we do not use any additives that are subject to labelling, there may be a few exceptions.  
A list of allergens can be found underneath the menu items.

# International School of Bremen

Schulküchen Bremen e.V.

## **Lunch Menu**

-Speisekarte-

**Tuesday, 12<sup>th</sup> November 2019**

### Broccoli Cream Soup with Roasted Almonds

- Brokkolicremesuppe mit gerösteten Mandeln -  
(Lactose)



### Organic Quality Salad Bar

-Salatbuffet in Bio-Qualität-  
(Lactose, Gluten, Nuts)



### Baked Potatoes with Sour Cream, Buttered Pumpkin and a Tomato-Salad

- Ofenkartoffeln mit Sour cream, Butter-Kürbis und Tomatensalat-  
(Lactose)



### Sunflower Seed Cookies

-Sonnenblumenkern-Kekse-  
(Gluten, Nuts, Egg)

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# **International School of Bremen**

**Schulküchen Bremen e.V.**

## **Lunch Menu**

-Speisekarte-

**Wednesday, 13<sup>th</sup> November 2019**

### **Cream of Sweetcorn Soup with Spring Onions**

- Maiscremesuppe mit Frühlingszwiebeln-  
(Lactose)



### **Organic Quality Salad Bar**

-Salatbuffet in Bio-Qualität-  
(Lactose, Gluten, Nuts)



### **Pasta with Tomato Sauce and Fennel-Pesto**

- Nudeln mit Tomatensauce und Fenchel-Pesto-  
(Gluten)



### **Lemon-Yoghurt**

-Zitronen-Joghurt-  
(Lactose)

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