

International School of Bremen Schulküchen Bremen e.V.

Lunch Menu

-Speisekarte-

Monday, March, 18th 2019

Madras Curry Soup with Carrots

-Madras Curry Suppe mit Möhren -



Organic Quality Salad Bar

Apples, Bloodorange - Fresh Rocket with Oliveoil – Rice, Peanut – Cabbage Turnip,
Balsamico

-Salatbuffet in Bio-Qualität-

Äpfel, Blutorange - Frischer Rucola mit Olivenöl – Reis, Erdnuss - Kohlrabi Balsamico



Penne-Pasta with Fried Capsicums, Carrots, Zucchini and a fresh Tomato-Coriander Sauce

-Penne Pasta mit gebratenem Gemüse (Paprika, Möhren, und Zucchini) eine frische
Tomaten.Koriander Sauce-



Blood Oranges

-Blutorangen-

We process seasonal fruits and vegetables from regional organic cultivation. By waiving a pre-registration of the participants of the meal as well as by weather influences it can come to short-term meal plan changes. We ask for your understanding. With a few exceptions, we do not use any additives that are subject to labeling. A list and allergens can be found as a notice in the page area.

International School of Bremen Schulküchen Bremen e.V.

Lunch Menu

-Speisekarte-

Tuesday, March, 19th 2019

Fennel Soup with Spring Onions

-Fenchelsuppe mit Frühlingszwiebeln-



Organic Quality Salad Bar

Parsnip, Yoghurt - Fresh Lollo Rosso with Coriander Dressing – Couscous, Tomato –
Carrot, Sunflowerseeds

-Salatbuffet in Bio-Qualität-

Pastinake, Joghurt – Frischer Lollo Rosso mit Koriander Dressing – Couscous, Tomate –
Möhre, Sonnenblumenkerne



Gratinated Tomatoes with Rosmary-Couscous, Grilled Chard and Parsnip Sauce

-Gratinierte Tomaten mit Rosmarin-Couscous, gegrilltem Mangold und Pastinakensauce-



Sand Cookies

- Sandtaler -

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Lunch Menu

-Speisekarte-

Wednesday, March, 20th 2019

Sweetpotato Soup with Vanilla

-Süßkartoffelsuppe mit Vanillie-



Organic Quality Salad Bar

Rutubaga, Balsamico - Fresh Spinach with Sesame – Penne-Pasta, Cress – Tomato, Onion
-Salatbuffet in Bio-Qualität-

Steckrübe, Balsamico – Frischer Spinat mit Sesam – Penne-Pasta, Kresse –
Tomaten, Zwiebeln



**Cumin Curry with Marinated Soy or Seasalmon, Grilled
Vegetables (Fennel, Leek and Capsicums) and Coconut
Rice**

-Cumin Curry mit mariniertem Soya oder Seelachs, Gegrilltem Gemüse (Fenchel, Lauch
und Paprika) und Kokusreis-



Banana and Choco Joghurt

-Schoko-Bananen Joghurt-

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-Speisekarte-

Thursday, March, 21st 2019

Creamy Tomato Soup with Parsley

-Cremige Tomatensuppe mit Petersilie-



Organic Quality Salad Bar

Carrot, Orange - Fresh Lollo Rosso with Oliveoil – Bulgur, Mint – Cucumber, Chives

-Salatbuffet in Bio-Qualität-

Möhre, Orange – Frischer Lollo Rosso mit Olivenöl – Bulgur, Minze – Gurke, Schnittlauch



**Braised Cabbage with Spring Onions in spicy or mild
with Bulgur and Caraway Seed Sauce**

-Geschmorter Kohl mit Frühlingszwiebeln scharf oder mild mit Bulgur und
Kümmelsauce-



Almond-Walnut-Cake

-Mandel-Walnuss Kuchen-

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-Speisekarte-

Friday, March, 22nd 2019

Wasabi Coconut Soup

-Wasabi-Kokos Suppe-



Organic Quality Salad Bar

Apple-Carrott, Tomato-Onion, Couscous-Peas, Fresh Battavia-Iceberg



Make your own Burger day! With Couscous-Bulgur Patties, different toppings and Cheese, Beef Patties and Homemade Buns

-Mach dir deinen Burger Tag! Mit Couscous-Bulgur Patties, verschiedenen Toppings und Käse. Selbstgemachte Burger Brötchen und Rinderpatties-



Pears

-Birnen-

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