

## Lunch Service menus Semester 1 SY 2022-2023 / 15 August 2022 until 27 January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
15-19 Aug	<b>American Day</b> Pumpkin Soup Chicken nuggets with condiments, Soft-boiled Cauliflower & Carrots , Grapes Multigrain bread	<b>Italian Day</b> Pizza Margherita Green salad with sesame seed dressing, Carrot & Celery sticks Honeydew Melon, Apples	<b>Asian Day</b> Chicken Rice, Chili on the side Cucumbers cold, Tomato slices Watermelon, Grapes Soft bun	<b>Swiss Day</b> Meat Loaf, Brown sauce Corn kernels, Hash brown Bananas, Watermelon Pretzels (cut to quarters)	<b>Surprise Day</b> Crispy Fish and Chips with condiments Mixed Salad with Balsamic Vinaigrette Apples, Watermelon Soft bun
22 – 26 Aug	<b>Surprise Day</b> Yakitori Chicken Fried Rice Cucumbers & Carrots cold Apple, Grapes Pretzels (cut to quarters)	<b>American Day</b> Beef Patty with Burger Bun 3 condiments & Ketchup Corn kernels, Bananas	<b>Italian Day</b> Spaghetti Chicken Bolognaise Green Salad with Balsamic Vinaigrette Melon, Apples Multigrain bread	<b>Asian Day</b> Chinese style oven-baked fish, Chawanmushi served with rice Boiled Carrots & Broccoli Watermelon Soft bun	<b>Swiss Day</b> Hörnli with minced meat Brown sauce Carrots & Celery sticks Bananas, Honey Yoghurt Soft bun
29 Aug – 2 Sep	<b>Swiss Day</b> Mini Veal Sausage Potato Gratin Oven-baked Broccoli & Carrots Bananas, Watermelon Soft bun	<b>Surprise Day</b> Chicken “Wienerschnitzel” Hash Brown Soft-boiled Broccoli & Cauliflower Watermelon Multigrain bread	<b>American Day</b> Mushroom Soup Tacos with ground beef Carrots & Celery sticks Honey Yoghurt, Soft bun	<b>Italian Day</b> Fusilli with Pesto & Tomato Sauce, Soft-boiled Carrots, Grated cheese Bananas, Apples Soft bun	<b>Asian Day</b> Japanese Chicken Curry with rice Oven-baked Cauliflower Apples, Grapes Pretzels (cut to quarters)
5– 9 Sep	<b>Asian Day</b> Baked Teriyaki Seabass, Fried rice, Oven-baked Broccoli & Carrots, Apples, Cherry tomatoes, Soft bun	<b>Swiss Day</b> Aelpler Makkaroni Brown Sauce Oven-baked Potatoes Corn kernels Grapes, Honeydew Melon	<b>Surprise Day</b> Chicken Cheese Sausage Roasted potatoes Soft-boiled Carrots and Broccoli Bananas, Fruit & Berry Yoghurt Pretzel (cut to quarters)	<b>American Day</b> Oven-baked fish with Herbs & Olive oil, Couscous, Soft-boiled Broccoli, Melon, Cherry tomatoes Soft bun	<b>Italian Day</b> Spaghetti Podomoro Mixed green salad with sesame seed dressing Apples, Bananas, Multigrain bread

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12 – 16 Sep	<b>Italian Day</b> Meat Lasagne, Green Salad with Balsamic Vinaigrette Celery sticks & Tomato slices Apples, Soft bun	<b>Asian Day</b> Chicken Rice, Chili on the side Cucumbers & Carrots cold Melon, Grapes Soft bun	<b>Swiss Day</b> Brätchügeli with Spätzli Celery sticks, Tomato slices Bananas, Melon Multigrain bread	<b>Surprise Day</b> Hot Dogs with Condiments Cucumbers & Carrots cold Tomato slices Honey Yoghurt Apples	<b>American Day</b> Tomato Crème Soup Steamed Dory Fillet, Light Soya Sauce, Mixed Salad with sesame seed dressing, Apples Fruit & Berry Yoghurt, Pretzels (cut to quarters)
19 – 23 Sep	<b>American Day</b> Pasta and Meatballs Tomato sauce Oven-baked Broccoli & Cauliflower Watermelon, Apples Multigrain bread	<b>Italian Day</b> Tomato Baked Rice Green Salad with Vinaigrette, Fruit & Berry Yoghurt Bananas Pretzel (cut into quarters)	<b>Asian Day</b> Chinese style oven-baked fish, Chawanmushi served with rice Soft-boiled Broccoli & Carrots Red Apples, Grapes Soft bun	<b>Swiss Day</b> Mini Veal Sausage Potato Gratin (soft) Oven-baked Cauliflower & Carrots, Pineapples, Watermelon Soft Bun	<b>Surprise Day</b> Swiss Skillet Mac & Cheese, Oven-baked Broccoli & Cauliflower, Melon, Grapes Soft bun
26 – 30 Sep	<b>Surprise Day</b> Chicken nuggets with condiments, Fried rice Watermelon Pretzels (cut to quarters)	<b>American Day</b> Mushroom Soup Fish Fingers, Boiled Potatoes, Lemon & Mayo Cherry tomatoes, Bananas Soft bun	<b>Italian Day</b> Pizza Salami Cucumbers & Carrots cold Celery sticks, Tomato slices Melon, Oranges	<b>Asian Day</b> Honey soy chicken, Fried rice, Soft-boiled Carrots & Broccoli Fruit & Berry Yoghurt Apples Soft bun	<b>Swiss Day</b> Aelpler Makkaroni Brown Sauce Corn kernels Watermelon, Multigrain bread
3 – 7 Oct	<b>Swiss Day</b> Meat Loaf, Brown sauce Corn kernels, Hash brown Bananas, Watermelon Soft bun	<b>Surprise Day</b> Pizza Margherita Tomato slices and celery sticks Apples, Watermelon Fruit & Berry Yoghurt	<b>American Day</b> Beef Patty with Burger Bun 3 condiments & Ketchup Corn kernels, Oven-baked Carrots Melon, Oranges	<b>Italian Day</b> Spaghetti Chicken Bolognese Green Salad with sesame seed dressing Honeydew Melon Pretzel (cut to quarters)	<b>Asian Day</b> Hongkong style steamed fish White rice, Soft boiled Broccoli & Carrots Grapes Multigrain bread

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10 – 14 Oct	<b>Asian Day</b> Japanese Chicken Curry with mixed brown rice, Oven-baked Broccoli & Cauliflower, Apples, Grapes Soft bun	<b>Swiss Day</b> Hörnli with minced meat Brown sauce Soft-boiled carrots Grapes Ice-cream Soft bun	<b>Surprise day</b> Chicken “Wienerschnitzel” Hash Brown Soft-boiled Broccoli & Cauliflower Watermelon, grapes Multigrain bread	<b>American Day</b> Oven-baked fish with Herbs & Olive oil, Oven-baked Broccoli & Potatoes, Melon, apples Soft bun	<b>Italian Day</b> Fusilli with Pesto & Tomato Sauce, Soft-boiled Carrots, Grated cheese Bananas, Fruit & Berry Yoghurt Pretzels (cut to quarters)
17 – 28 Oct	<b>Autumn Holiday</b>				
31 Oct - 4 Nov	<b>Asian Day</b> Chicken Rice, Chili on the side Cucumbers cold, Celery & Carrot sticks Oranges, Grapes Pretzels (cut to quarters)	<b>Swiss Day</b> Aelpler Makkaroni Brown Sauce Oven-baked Broccoli & Carrots, Corn kernels Watermelon, Soft bun	<b>Surprise Day</b> Crispy Fish and Chips Cucumbers & Carrots cold Melon Honey Yoghurt Soft bun	<b>American Day</b> Tacos with ground beef Soft-boiled Broccoli & Cauliflower Grapes, Bananas Multigrain bread	<b>Italian Day</b> Spaghetti Podomoro Mixed green salad with sesame seed dressing Apples, Bananas Soft bun
7 – 11 Nov	<b>Italian Day</b> Tortellini Ricotta & Spinach Soft-boiled Carrots, Grated cheese Pineapples, Apples Soft bun	<b>Asian Day</b> Chinese style oven-baked fish Fried rice Oven-baked Cauliflower Red Apples, Melon Pretzel (cut to quarters)	<b>Swiss Day</b> Pork Chipolata Sausage Potato Gratin (soft) Soft-boiled Carrots & Broccoli Grapes, Watermelon Soft bun	<b>Surprise Day</b> Pizza Margherita Carrots and celery sticks Apples, Bananas Honey Yoghurt	<b>American Day</b> Pasta and Meatballs Tomato sauce Oven-baked Broccoli & Cauliflower Watermelon, Apples Multigrain bread
14 – 18 Nov	<b>American Day</b> Tomato Crème Soup Steamed Dory Fillet, Light Soya Sauce, Couscous, Oven-baked broccoli Watermelon, Multigrain bread	<b>Italian Day</b> Meat Lasagne Green Salad with Balsamic Vinaigrette Bananas, Oranges Pretzel (cut to quarters)	<b>Asian Day</b> Asian Char Siew Chicken Fillet, Mixed brown rice Cucumbers & Carrots cold Apples, Grapes Soft bun	<b>Swiss Day</b> Brätchügeli with Spätzli Oven-baked Cauliflower & Carrots, Celery sticks, Bananas, Melon Soft bun	<b>Surprise Day</b> Mini Veal Sausage Potato Gratin Carrots & Celery sticks Honey yoghurt Watermelon, Soft bun
21 – 25 Nov	<b>Surprise Day</b> Swiss Skillet Mac & Cheese, Oven-baked Broccoli & Cauliflower, Apples, Grapes Soft bun	<b>American Day</b> Beef Patty with Burger Bun 3 condiments & Ketchup Corn kernels, celery sticks Honey Yoghurt Melon	<b>Italian Day</b> Fusilli with Pesto & Tomato Sauce, Green Salad with Sesame seed dressing Apples, Pineapple Pretzels (cut into quarters)	<b>Asian Day</b> Hongkong style steamed fish Fried rice, Oven-baked Broccoli & Carrots Banana, Grapes, Multigrain bread	<b>Swiss Day</b> Hörnli with minced meat Brown sauce Soft-boiled carrots Grapes, Cherry tomatoes Soft bun

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28 Nov – 2 Dec	<b>Swiss Day</b> Brätchügeli with Spätzli Oven-baked Cauliflower & Carrots, Celery sticks, Melon Soft bun	<b>Surprise Day</b> Hot Dogs with Condiments Cucumbers & Carrots cold, Tomato slices Oranges, Apples	<b>American Day</b> Mushroom Soup Fish Fingers, Boiled Potatoes, Lemon & Mayo, Cherry tomatoes Honey Yoghurt Multigrain bread	<b>Italian Day</b> Spaghetti Bolognese Green Salad with sesame seed dressing Melon, Grapes Pretzel (cut to quarters)	<b>Asian Day</b> Chicken Rice, Chili on the side Cucumbers & Carrots cold Bananas, Grapes Soft bun
5 – 9 Dec	<b>Asian Day</b> Chinese style oven-baked fish Egg fried rice Oven-baked Cauliflower Red Apples, Melon Soft bun	<b>Swiss Day</b> Hörnli with minced meat, Brown sauce Mixed Salad with Balsamic Vinaigrette Apples, Bananas Soft bun	<b>Surprise Day</b> Asian Char Siew Chicken Fillet Fried rice Celery & Carrot sticks Oranges, Watermelon, Pretzels (cut to quarters)	<b>American Day</b> Pasta and Meatballs Tomato sauce Boiled Broccoli & Carrots Honey Yoghurt Apples Multigrain bread	<b>Italian Day</b> Pizza Margherita Green salad with Balsamic Vinaigrette, Carrot & Celery sticks Watermelon, Apples
12 – 16 Dec	<b>Italian Day</b> Spaghetti Podomoro Soft-boiled Broccoli, Honey Yoghurt Apples, Soft bun	<b>Asian Day</b> Honey soy chicken, Mixed brown rice, Oven-baked Carrots & Broccoli Ice-cream Apples Multigrain bread	<b>Swiss Day</b> Meat Loaf Potato Salad, Brown Sauce, Corn kernels Apples, Melon Pretzels (cut to quarters)	<b>No Lunch Advent Celebration</b>	<b>No lunch Christmas Break starts</b>
19 Dec 22 – 6 Jan 23	<b>Christmas Break</b>				
9 – 13 Jan	<b>American Day</b> Oven-baked fish with Herbs & Olive oil, Oven-baked Broccoli & Potatoes, Melon, apples Multigrain bread	<b>Italian Day</b> Tortellini Ricotta & Spinach Oven-baked Carrot & Potatoes, Grated cheese, Honeydew Melon, Oranges Pretzel (cut to quarters)	<b>Asian Day</b> Chicken rice, Chili on the side Stir-fry vegetables, Cucumbers cold Apples, Pineapples Soft bun	<b>Swiss Day</b> Pork Chipolata Sausage Potato Gratin Oven-baked Broccoli & Cauliflower Fruit & Berry Yoghurt Soft bun	<b>Surprise Day</b> Chicken “Wienerschnitzel” Potato Wedges Soft-boiled Broccoli & Carrots Apples, Watermelon Soft bun

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16 – 20 Jan	<b>Surprise Day</b> Tomato Crème Soup Steamed Dory Fillet, Light Soya Sauce, Couscous, Honey Yoghurt, Apples Soft bun	<b>American Day</b> Mushroom Soup Hot Dogs with Condiments Cucumbers & Tomato slices Watermelon, Oranges Multigrain bread	<b>Italian Day</b> Pizza Margherita Green salad with Balsamic Vinaigrette, Carrot & Celery sticks Melon, Grapes	<b>Asian Day</b> Chinese style oven-baked fish Fried rice Stir fry vegetables Red Apples, Melon Pretzels (cut to quarters)	<b>Swiss Day</b> Alpler Makkaroni Brown Sauce Soft-boiled Carrots and Broccoli Grapes, Soft bun
23 – 27 Jan	<b>CNY Holiday Break</b>				