



FIS Frankfurt
International
School

WIESBADEN CAMPUS LUNCH MENU

PLEASE NOTE THAT YOU MUST FIRST REGISTER FOR THE ONLINE ORDERING SYSTEM BEFORE LUNCHES CAN BE SELECTED. FOR DETAILED INFORMATION, LOGIN TO THE PARENT PORTAL AND THEN SELECT THE WIESBADEN CAMPUS TAB.

Date	Regular Lunch Menu	Vegetarian Lunch Menu
Mon, 29 Jan. 2018	Swabian Ravioli (Maultaschen), Sauce, Dessert	Vegetarian Swabian Ravioli (Maultaschen), Sauce, Dessert
Tue, 30 Jan. 2018	Bratwurst (Poultry), Mashed Potatoes, Red Cabbage, Fruit	Vegetarian Sausage, Mashed Potatoes, Red Cabbage, Fruit
Wed, 31 Jan. 2018	Lentil Soup with Sausage, Baguette, Chocolate Pudding with Vanilla Sauce	Lentil Soup (vegetarian), Baguette, Chocolate Pudding with Vanilla Sauce
Thu, 1 Feb. 2018	Fish Fillet in Cornflake Breading, Cheese Sauce, Rice, Salad and Ice Cream	Cauliflower and Cheese Patties, Cheese Sauce, Rice, Salad and Ice Cream
Fri, 2 Feb. 2018	Chicken Steak, Sauce, Spirelli Noodles, Fruit	Potato Pockets, Sauce, Fruit
Mon, 5 Feb. 2018	Turkey Goulash, Dumplings, Ice Cream	Vegetarian Goulash, Dumplings, Ice Cream
Tue, 6 Feb. 2018	Potato Soup with Sausage, Baguette, Dessert	Vegetarian Potato Soup, Baguette, Dessert
Wed, 7 Feb. 2018	Meat and Vegetable Casserole, Cabbage, Potatoes, Fresh Fruit	Vegetable Casserole, Potatoes, Fresh Fruit
Thu, 8 Feb. 2018	Pasta with Tomato Sauce, Parmesan Cheese and Dessert	Regular is Vegetarian
Fri, 9 Feb. 2018	Fish Fillet, Sauce, Potatoes, Crudités, Ice Cream	Vegetable Patty, Sauce, Potatoes, Crudités, Ice Cream
Mon, 12 Feb. 2018	Potato Patty, Apple Sauce, Salad, Fruit	Regular is Vegetarian
Tue, 13 Feb. 2018	Hot Dogs, Bun, Fruit Yoghurt	Vegetarian Sausage, Bun, Fruit Yoghurt
Wed, 14 Feb. 2018	Chicken Fricassee, Rice, Carrot Sticks, Vanilla Pudding	Vegetable Patty, Rice, Carrot Sticks, Vanilla Pudding
Thu, 15 Feb. 2018	FISW 25 th Anniversary	No Hot Lunch Available



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Fri, 16 Feb. 2018	Spaghetti Bolognese, Parmesan Cheese, Salad, Yoghurt	Spaghetti, Tomato Sauce, Parmesan Cheese, Salad, Yoghurt
Mon, 19 Feb. 2018	Ski Break	No School
Tue, 20 Feb. 2018	Ski Break	No School
Wed, 21 Feb. 2018	Ski Break	No School
Thu, 22 Feb. 2018	Ski Break	No School
Fri, 23 Feb. 2018	Ski Break	No School
Mon, 26 Feb. 2018	Turkey in Cream Sauce (Geschnetzeltes), Spaetzle Noodles, Tomato Salad, Yoghurt	Vegetarian Geschnetzeltes, Spaetzle Noodles, Tomato Salad, Yoghurt
Tue, 27 Feb. 2018	Pancakes with Apple Sauce, Fruit	Regular is Vegetarian
Wed, 28 Feb. 2018	Pasta, Ham and Cream Sauce, Carrot Sticks, Ice Cream	Pasta, Cream Sauce, Carrot Sticks, Ice Cream
Thu, 1 Mar. 2018	Hamburger, French Fries, Donuts	Veggie Burger, French Fries, Donuts
Fri, 2 Mar. 2018	Fish Fillet, Mashed Potatoes, Sauce, Crudités, Quark Dessert	Potato Pockets, Sauce, Crudités, Quark Dessert
Mon, 5 Mar. 2018	Pasta, Meat Sauce, Crudités, Fruit	Pasta, Tomato Sauce, Crudités, Fruit
Tue, 6 Mar. 2018	Potato Casserole, Cauliflower, Fruit Yoghurt	Regular is Vegetarian
Wed, 7 Mar. 2018	Baked Fish Fillet, Sauce, Rice, Fresh Fruit	Vegetable Patty, Sauce, Rice, Fresh Fruit
Thu, 8 Mar. 2018	Chicken and Vegetable Stew, Baguette, Dessert	Vegetable Soup, Baguette, Dessert



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Fri, 9 Mar. 2018	Turkey Schitzel, Potatoes, Sauce, Fruit	Vegetarian Schnitzel, Potatoes, Fruit
Mon, 12 Mar. 2018	Cream of Tomato Soup, Rice, Pancake and Apple Sauce Dessert (Kaiserschmarrn)	Regular is Vegetarian
Tue, 13 Mar. 2018	Gyros (poultry), Tzatziki, Cabbage Salad, Pita Bread, Dessert	Vegetarian Gyros, Tzatziki, Cabbage Salad, Pita Bread, Dessert
Wed, 14 Mar. 2018	Vegetarian Pizza, Cucumber Salad, Yoghurt	Regular is Vegetarian
Thu, 15 Mar. 2018	No School for Students	FISW Conference Day
Fri, 16 Mar. 2018	No School for Students	FISW Conference Day
Mon, 19 Mar. 2018	Pasta, Vegetable and Cheese Sauce, Salad, Fruit	Regular is Vegetarian
Tue, 20 Mar. 2018	Turkey Schnitzel, Curry Sauce, Rice, Cucumber Salad, Yoghurt	Vegetarian Schnitzel, Curry Sauce, Rice, Cucumber Salad, Yoghurt
Wed, 21 Mar. 2018	Vegetable Stew, Baguette, Dessert	Regular is Vegetarian
Thu, 22 Mar. 2018	Minced Chicken Patty, Potatoes and Gravy, Carrots, and Fruit	Vegetable Patty, Sauce, Carrots, Potatoes and Fruit
Fri, 23 Mar. 2018	Baked Fish Fillet, Potatoes, Dip, Crudités, Ice Cream	Egg Omelet, Dip, Potatoes, Crudités and Fruit
Mon, 26 Mar. 2018	Spring Break	No School
Tue, 27 Mar. 2018	Spring Break	No School
Wed, 28 Mar. 2018	Spring Break	No School
Thu, 29 Mar. 2018	Spring Break	No School



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Fri, 30 Mar. 2018	Spring Break	No School
Mon, 2 Apr. 2018	Spring Break	No School
Tue, 3 Apr. 2018	Spring Break	No School
Wed, 4 Apr. 2018	Spring Break	No School
Thu, 5 Apr. 2018	Spring Break	No School
Fri, 6 Apr. 2018	Spring Break	No School