

International School of Bremen

Frische Pause e.V.

Lunch Menu

-Speisekarte-

Monday, 17th May 2021

Cream of Pea Soup with Mint

- Erbsencremesuppe mit Minze-



Organic Quality Salad Bar

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



Baked Vegetables from the Oven, served with Herb Curd and Garlic Bread

-Gebackenes Gemüse aus dem Ofen, dazu Kräuterquark und Knoblauchbrot-
(Gluten, Lactose)



Bananas

-Bananen-

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 labelling. A list and allergens can be found as a notice in the page area.

International School of Bremen

Frische Pause e.V.

Lunch Menu

-Speisekarte-

Tuesday, 18th May 2021

Cream of Mushroom Soup with Parsley

-Champignoncremesuppe mit Petersilie -



Organic Quality Salad Bar

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



Italian style Pasta

with Dried Tomatoes and Mozzarella Cheese

-Nudelpfanne italienische Art mit getrockneten Tomaten und Mozzarella-
(Lactose, Gluten)



Chocolate Pudding

-Schokoladenpudding-
(Lactose, Gluten)

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Lunch Menu

-Speisekarte-

Wednesday, 19th May 2021

Clear Vegetable Soup with Potatos and Carrots

-Klare Gemüsesuppe mit Kartoffeln und Möhren-



Organic Quality Salad Bar

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



Leaf Spinach, optionally with Pollack (Fish) or White cheese served with Tzatziki and Bulgur

-Blattspinat, wahlweise mit Seelachs oder Weißkäse, dazu Tsatsiki und Bulgur–
(Lactose, Gluten)



Apples

-Äpfel-

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Lunch Menu

-Speisekarte-

Thursday, 20th May 2021

Cream of Red Beet Soup with Sesame

-Rote Beetecremesuppe mit Sesam -



Organic Quality Salad Bar

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



Pea and Asparagus Ragout
with Buttered Chive Potatoes and Tomato Salad
-Spargel-Erbesen Ragout mit Butter-Schnittlauchkartoffeln und Tomatensalat -
(Lactose)



Rhubarb Compote with Vanilla Sauce

-Rhabarberkompott mit Vanillesauce-
(Lactose)

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Lunch Menu

-Speisekarte-

Friday, 21st May 2021

Sweet Potato Cream Soup with Chili Herb Oil and vegan Sour Cream

-Süßkartoffelcremesuppe mit Chili-Kräuter-Öl und veganem Sauerrahm-



Organic Quality Salad Bar

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



Courgette and Aubergine au gratin with Parmesan and Rosemary Tomato Sauce served with brown Rice

-Mit Parmesan überbackene Zucchini und Aubergine dazu Rosmarin-Tomatensauce
und Naturreis -



Pears with Honey Walnut Crumble

-Birnen mit Honig Walnuss Crumble-

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