

International School of Bremen

Frische Pause e.V.

Lunch Menu

-Speisekarte-

Monday, 28th November 2022

Green Pea Soup with Mint

Grüne Erbsensuppe mit Minze



Organic Quality Salad Bar

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



Thai Style Pumpkin Curry with Basmati Rice and Coriander

Kürbis Curry thailändische Art mit Basmatireis und Koriander



Stracciatella Curd

Stracciatella Quark
(Lactose)

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, 29th- November 2022

Tomato Peanut Soup with Fennel

Tomaten Erdnuss Suppe mit Fenchel



Organic Quality Salad Bar

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



Potato Wedges with Sour Cream and Coleslaw

Kartoffelecken mit Sour Cream und Krautsalat
(Lactose)



Bananas

Bananen

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Lunch Menu

-Speisekarte-

Wednesday, 30th November 2022

Pumpkin Sea Buckthorn Soup with Maple Syrup

Kürbis Sanddorn Suppe mit Ahornsirup



Organic Quality Salad Bar

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



Pasta with Tomato Sauce, optionally with Salmon Cubes, Capers and Onions

Pasta mit Tomatensauce, wahlweise mit Lachswürfeln, Kapern und Zwiebeln



Semolina Pudding

Grießbrei
(Lactose, Gluten)

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Lunch Menu

-Speisekarte-

Thursday, 1st December 2022

Cream of Leek Soup with Tomato Cubes

Lauchcremesuppe mit Tomatenwürfeln



Organic Quality Salad Bar

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



Pumpkin Rice Fritters with Zucchini Garlic Sauce and Paprika Salad

Kürbis Reis Bratlinge mit Zucchini-Knoblauchsauce und Paprikasalat
(Lactose, Egg)



Cementines

Clementinen

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Lunch Menu

-Speisekarte-

Friday, 2nd December 2022

Cream of Paprika Soup with Potato Croutons

Paprikacremesuppe mit Kartoffelcroûtons



Organic Quality Salad Bar

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



Large Spring Rolls with Fried Tofu, Soy and Sweet Chili Sauce

Große Frühlingsrollen mit gebratenem Tofu, Soja und Sweet Chili Sauce
(Gluten)



Red Fruit Jelly with Vanilla Sauce

Rote Grütze mit Vanillesauce
(Lactose)

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