



Menu for Week beginning Monday April 19th, 2010

Nutritional information key:

★ Protein

☆ Milk product (Calcium)

○ Starch

◆ Cooked Fruit or Vegetables

● Raw Fruit or Vegetables

🥕 Vegetarian



Monday April 19th	Tuesday April 20th	Wednesday April 21st	Thursday April 22nd	Friday April 23rd
○ ○ ○ Daily Bread Selection. ● Garden Salad ○ ○ ○ ○ ○ ○ ○				
● Tomato Salad ◆ Broccoli Salad ☆ Cream of Pumpkin Soup * * * * ★ Beef Oyster Sauce ★ Oven-Baked Penne with Cheese ◆ Sautéed Spinach ○ Steamed Rice * * * * 🥕 Pasta with Tomato, Basil Sauce (Vegetarian)	● Carrot Salad ◆ Celery Salad ◆ Minestrone * * * * ★ Creamy Chicken Stir Fry ★ Sautéed Pork with Black Pepper Sauce (ES: Plain Pork Steaks) ◆ Corn & Peas ○ Fried Rice with Egg * * * * 🥕 Veggie Burger (Vegetarian)	☆ Egg Salad ◆ Mushroom Salad ◆ Fresh Tomato Soup * * * * ★ Classic Beef Stew Topped with Potato Gratin ★ Fish Fillets with Tartar Sauce ◆ Mixed Veggies ○ Greens Rice * * * * 🥕 Eggplant Parmigiana (Vegetarian)	◆ Bean Sprouts Salad ● Fruit Salad ◆ Mixed Vegetables Soup * * * * ★ Fusilli with Tomato & Smoked Bacon ★ Yu Xiang Pork (Pork Slices Sautéed with Fish Flavor) (ES: Breaded Pork Fingers) ◆ Carrot & Celery ○ Spinach Rice * * * * 🥕 Vegetables in Curry (Vegetarian)	● Cucumber Salad ◆ Cauliflower Salad ◆ Onion Soup * * * * ★ Beef Lasagna ★ Meatloaf in Chunky Tomato Sauce ◆ Seasonal Greens ○ Steamed Rice * * * * 🥕 Spinach Cheese Pizza (Vegetarian)
● ● ● ● ● Daily Choice of Fruit Basket or Desert ● ● ● ● ●				
☆ Mini Cake	☆ Apple Pie	☆ Banana Cake	☆ Vanilla Pudding	☆ Fruits Jelly
🥕 If you are vegetarian or allergic Students, Pls contact Eurest staff to order the Vegetarian/Special main course before 10:00am every morning. *Pre -Made Sandwich could be ordered in a la carte line *ES means the Menu Suitable for Elementary Students (Gr2-Gr5) *Students' lunch-card balance available under request - contact us at eurest@staff.nanjing-school.com for details*				