Menu for Week beginning Monday April 26th, 2010

Nutritional information key:

★Protein ◆Cooked Fruit or Vegetables
☆Milk product(Calcium) ●Raw Fruit or Vegetables
○Starch Vegetarian

Eurest

Monday April 26th	Tuesday April 27th	Wednesday April 28th	Thursday April 29th	Friday April 30th
○ ○ ○	○ ○ **Daily Bread Selection.**	●Garden Salad	○ ○ ○	○ ○
●Fruit Salad ★Tofu Salad ☆Cream of Spinach Soup	★Egg Salad ◆Corn Salad ◆Pepper & Sour Soup	●Carrot Salad ●Cucumber Salad ◆Onion Soup	◆Beetroot Salad ●Tomato Salad ◆Minestrone	◆Mushroom Salad ◆Celery Salad ☆Apple & Pumpkin Soup
★Spaghetti Bolognaise	★Garlic Pork Stripes Topped with Potatoes	★Mild Beef Curry	★Oven Baked Fish with Lemon, Butter (ES: Fish Steaks)	★Kimchi-Bacon Fried Rice with Fried Egg on Top
★Chicken Breast with Herb	★Penne & Cheese	★Salami Pizza	★Sweet & Sour Chicken	★Stir Fried Beef Stripes
◆ Sautéed Zucchini	◆Mixed Sautéed Buttered Veggies	◆Sautéed Cauliflower	◆Carrot & Broccoli	◆Mixed Veggies
○Bok Choy Rice/ Dilled Potatoes	○Steamed Rice	○Steamed Rice/ Buttered Potatoes	○Egg Fried Rice	○Roasted Potatoes
Ratatouille & Couscous (Vegetarian)	Feta & Spinach Omelet (Vegetarian)	Penne with Tomato Sauce (Vegetarian)	Mushroom Pie (Vegetarian)	Curried Veggies (Vegetarian)
● ● ● ● ● **Daily Choice of Fruit Basket or Desert**			● ● ● ● ●	
☆Mini Cake	☆Puff Pastry Apple Slice	☆Banana Cake	☆Raisin Roll	☆Lemon Tart

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