



Menu for Week beginning Monday May 10th, 2010

Nutritional information key:

★ Protein

☆ Milk product (Calcium)







○ Starch

◆ Cooked Fruit or Vegetables

● Raw Fruit or Vegetables

 Vegetarian



Monday May 10th	Tuesday May 11th	Wednesday May 12th	Thursday May 13th	Friday May 14th
○ ○ ○	○ ○	○ ○	○ ○	○ ○ ○
Daily Bread Selection.				
★ Egg Salad ● Carrot Salad ☆ Tomato Soup * * * * ★ Fusilli Pasta with Bacon, Tomato & Cream ★ Sausage Bratwurst with Fried Onion ◆ Carrots & Celery ○ Steamed Rice/ Baked Potatoes * * * *  Mixed Veggies Pizza (Vegetarian)	◆ Mushroom Salad ● Pear Salad ☆ Cream of Pumpkin Soup * * * * ★ Kimchi Fried Rice ★ Sliced Pork with Soy Sauce & Mushroom ◆ Bok Choy ○ Steamed Rice * * * *  Veggie Burger with Hummus (Vegetarian)	● Tomato Salad ◆ Beetroot Salad ◆ Minestrone * * * * ★ Beef Potatoes Pie ★ Stir Fried Chicken with Sesame Seeds (ES: Chicken Fingers) ◆ Carrot ○ Garlic Rice * * * *  Egg Fried Rice (Vegetarian)	★ Tofu Salad ● Cucumber Salad ○ Potato Soup * * * * ★ Roasted Chicken Drumsticks with Lemon, Butter ★ Sautéed Pork & Garlic (ES: Ham & Cheese Sandwich) ◆ Broccoli ○ Spinach Rice/ Mashed Potatoes * * * *  Diced Vegetables Curry (Vegetarian)	● Fruit Salad ◆ Zucchini Salad ◆ Pepper & Sour Soup * * * * ★ Fish Fillet & Corn Salsa (ES: Fish Fingers) ★ Baked Burger Steak with Gravy ◆ Sautéed Veggies ○ Corn & Peas Rice * * * *  Spinach Quesadillas (Vegetarian)
Daily Choice of Fruit Basket or Desert				
☆ Banana Cake	☆ Ice Cream	☆ Lemon Jelly	☆ Mini Cake	☆ Puff Pastry Apple Slice
<p> If you are vegetarian or allergic Students, Pls contact Eurest staff to order the Vegetarian/Special main course before 10:00am every morning.</p> <p>*Pre -Made Sandwich could be ordered in a la carte line</p> <p>*ES means the Menu Suitable for Elementary Students (Gr2-Gr5)</p> <p>*Students' lunch-card balance available under request - contact us at eurest@staff.nanjing-school.com for details*</p>				