



Menu for Week beginning Monday May 17th, 2010

Nutritional information key:



★Protein

☆Milk product(Calcium)

○Starch

◆Cooked Fruit or Vegetables

●Raw Fruit or Vegetables

🥕Vegetarian

Monday May 17th	Tuesday May 18th	Wednesday May 19th	Thursday May 20th	Friday May 21st
○ ○ ○	○ ○	○ ○	○ ○	○ ○ ○
Daily Bread Selection.				
● Tomato Salad ◆ Broccoli Salad ☆ Cream of Spinach Soup * * * * ★ Spaghetti Bolognaise ★ Grilled Meatloaf ◆ Sautéed Greens ○ Dilled Potatoes * * * * 🥕 Baked Cheese Pasta (Vegetarian)	◆ Corn Salad ◆ Green Beans Salad ◆ Mixed Vegetables Soup * * * * ★ Cheese Pizza ★ Pork Teriyaki ◆ Mixed Vegetables ○ Corn Rice * * * * 🥕 Scramble Egg Tacos (Vegetarian)	◆ Beetroot Salad ● Carrot Salad ○ Potato Soup * * * * ★ Pork Goulash ★ Roasted Lamb Leg (ES: Ham & Cheese Sandwich) ◆ Broccoli Gratin ○ Buttered Potatoes/Rice * * * * 🥕 Veggie Spring Rolls (Vegetarian)	★ Egg Salad ● Cucumber Salad ☆ Cream of Pumpkin Soup * * * * ★ Sautéed Pork with Herbs Topped with Puff Pastry ★ Chunky Chicken Cacerole ◆ Sautéed Bok Choy ○ Spinach Butter Rice * * * * 🥕 Veggie Pizza (Vegetarian)	◆ Zucchini Salad ◆ Mushroom Salad ◆ Fresh Tomato Soup * * * * ★ Beef in Mushroom Sauce ★ Fish Steaks ◆ Sautéed Green Beans ○ Bok Choy Rice * * * * 🥕 Spaghetti Napoli (Vegetarian)
Daily Choice of Fruit Basket or Desert				
☆ Lemon Tart	☆ Oatmeal Pudding	☆ Mini Cake	☆ Raisin Rolls	☆ Banana Cake
<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>				