



Menu for Week beginning Monday May 24th, 2010

Nutritional information key:



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

| Monday May 24th | Tuesday May 25th | Wednesday May 26th | Thursday May 27th | Friday May 28th |
|---|---------------------|--|---------------------------|--|
| ○ ○ ○ | ○ ○ | ○ ○ ○ | ○ ○ ○ | ○ ○ ○ |
| Daily Bread Selection. | | | | |
| ★ Egg Salad ● Carrot Salad ☆ Tomato Soup * * * * ★ Macaroni & Cheese ★ Oven Hamburger Topped with Salsa ◆ Caesar Salad ○ Bok Choy Rice * * * * 🥕 Spanish Omelet (Vegetarian) | 3-Way Conference | ◆ Mushroom Salad ● Pear Salad ☆ Cream of Pumpkin Soup * * * * ★ Stir Fried Chicken with Onions & Ginger ★ Salt & Pepper Tender Pork Steaks ◆ Carrots & Celery ○ Mashed Potatoes/ Steamed Rice * * * * 🥕 Veggie Pizza (Vegetarian) | Germany Food Promotion | ◆ Beetroot Salad ● Cucumber Salad ○ Potato Soup * * * * ★ Gratin Pork Slices with Tomato & Fried Onions, Corn & Cheddar ☆ Spaghetti Bolognese ◆ Cauliflower with Parsley Butter ○ Spinach Rice * * * * 🥕 Mushroom Quiche (Vegetarian) |
| Daily Choice of Fruit Basket or Desert | | | | |
| ☆ Banana Cake | | ☆ Ice Cream | | ☆ Mini Cake |

🥕 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