



Menu for Week beginning Monday May 31st, 2010

Nutritional information key:



★Protein

☆Milk product(Calcium)

○Starch

◆Cooked Fruit or Vegetables

●Raw Fruit or Vegetables

🥕Vegetarian

Monday May 31st	Tuesday June 1st	Wednesday June 2nd	Thursday June 3rd	Friday June 4th
○ ○ ○ ○ ○ Daily Bread Selection. ● Garden Salad ○ ○ ○ ○ ○				
★Egg Salad ◆Corn Salad ☆Cream of Spinach Soup * * * * ★Penne with Bacon in Tomato sauce ★Sliced Chicken with Onion & Oyster Sauce ◆Side Salad ○Steamed Rice * * * * 🥕 Veggie Burger (Vegetarian)	●Fruit Salad ☆Tofu Salad ◆Pepper & Sour Soup * * * * ★Mild Yellow Chicken Curry ★Chunky Lamb Cacerole (ES: Ham & Cheese Grilled Sandwich) ◆Greens ○Steamed Rice * * * * 🥕 Spring Rolls (Vegetarian)	●Carrot Salad ●Cucumber Salad ◆Onion Soup * * * * ★Beef Sautéed with Onions, Peppers in Black Bean Sauce (ES: Salt & Pepper Pan Fried Steaks) ★Stir Fried Chicken Breast with Olives, Tomato Rosemary & Mushroom ◆Broccoli & Cauliflower ○Egg Fried Rice/Steamed Rice * * * * 🥕 Penne Arrabiata (Vegetarian)	◆Beetroot Salad ●Tomato Salad ◆Minestrone * * * * ★Gratin Fish with Lemon Butter & Dill ★Spaghetti with Ham & Creamy Mushrooms ◆Bean Sprouts ○Steamed Rice * * * * 🥕 Mushroom Pie with Onions & Bean Sprouts (Vegetarian)	◆Mushroom Salad ◆Celery Salad ☆Apple & Pumpkin Soup * * * * ★Chicken Schnitzel ★Pork Fried Rice Cake ◆Cabbage ○Spinach Rice * * * * 🥕 Peas & Potato Curry Samosas (Vegetarian)
● ● ● ● ● Daily Choice of Fruit Basket or Desert ● ● ● ● ●				
☆Mini Cake	☆Apple Strudel	☆Coconut & Sago Pudding	☆Raisin Roll	☆Ice Cream
🥕 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*				