



## Menu for Week beginning Monday June 7th, 2010

### Nutritional information key:

★ Protein

☆ Milk product (Calcium)

○ Starch

◆ Cooked Fruit or Vegetables

● Raw Fruit or Vegetables

 Vegetarian



Monday June 7th	Tuesday June 8th	Wednesday June 9th	Thursday June 10th	Friday June 11th
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
<b>Daily Bread Selection.</b>				
● Tomato Salad ◆ Broccoli Salad ☆ Pumpkin Soup * * *	● Carrot Salad ◆ Celery Salad ◆ Minestrone * * *	★ Egg Salad ◆ Mushroom Salad ● Tomato Soup * * *	◆ Beetroot Salad ● Fruit Salad ◆ Mixed Vegetables Soup * * *	● Cucumber Salad ◆ Green Beans Salad ◆ Onion Soup * * *
★ Fusilli with Bacon & Creamy Peas Sauce	★ Mild Beef Curry	★ Macaroni & Cheese with Bacon	★ Pan-Fried Fish Steaks	★ Chicken Parmigiana
★ Chicken Breast with Herb Butter	★ Lamb in Cumin and Onions (ES: Pork Fajitas)	★ Chicken Teriyaki	★ Shanghai Noodles with Sliced Pork	★ Kimchi Fried Rice with Bacon
◆ Bean Sprouts	◆ Mixed Sautéed Buttered Veggies	◆ Carrots & Celery	◆ Zucchini	◆ Cauliflower
○ Bok Choy Rice	○ Garlic Rice/ Buttered Potatoes	○ Steamed Rice	○ Mashed Potatoes	○ Dilled Potatoes
* * * * ◆ Veggie Pizza (Vegetarian)	* * * * ◆ Mushroom Quiche (Vegetarian)	* * * * ◆ Chickpeas Coconut Curry (Vegetarian)	* * * * ◆ Tomato Omelet (Vegetarian)	* * * * ◆ Cheese Pizza (Vegetarian)
<b>Daily Choice of Fruit Basket or Desert</b>				
☆ Banana Cake	☆ Apple Pie	☆ Mini Cake	☆ Lemon Tart	☆ Fruit Jelly

 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](mailto:eurest@staff.nanjing-school.com) for details\*