



Menu for Week beginning Monday June 14th, 2010
Nutritional information key:



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

Monday June 14th	Tuesday June 15th	Wednesday June 16th	Thursday June 17th	Friday June 18th
○ ○ ○ Daily Bread Selection. ● Garden Salad ○ ○ ○				
● Tomato Salad ★ Egg Salad ☆ Cream of Pumpkin Soup * * * * ★ Chicken Parmigiana ★ Pork Curry with Coconut Milk ◆ Carrot & Broccoli ○ Buttered Potatoes/ Steamed Rice * * * * 🥕 Spinach Quiche (Vegetarian)	● Cucumber Salad ◆ Beetroot Salad ◆ Tomato Soup * * * * ★ Kimchi Fried Rice ★ Grilled Fish Steak with Tomato Sauce ◆ Green Beans ○ Roasted Potatoes * * * * 🥕 Mushroom Quiche (Vegetarian)	Happy Dragon Boat Festival	◆ Kimchi Salad ● Fruit Salad ◆ Pepper & Sour Salad * * * * ★ Garlic Chicken Breast ★ Lamb Goulash ◆ Cauliflower ○ Spinach Rice/ Dilled Potatoes * * * * 🥕 Fried Rice with Egg (Vegetarian)	◆ Green Beans Salad ◆ Broccoli Salad ◆ Onion Soup * * * * ★ Grilled Meatloaf ★ Fusilli with Cheese & Bacon ◆ Mixed Vegetables ○ Garlic Rice * * * * 🥕 Vegetables Tacos (Vegetarian)
● ● ● Daily Choice of Fruit Basket or Desert ● ● ●				
☆ Banana Cake	☆ Lemon Tart		☆ Cookies	☆ 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*				