



## Menu for Week beginning Monday June 21st, 2010

Nutritional information key:



★ Protein





☆ Milk product (Calcium)

○ Starch

◆ Cooked Fruit or Vegetables

● Raw Fruit or Vegetables

 Vegetarian

Monday June 21st	Tuesday June 22nd	Wednesday June 23rd	Thursday June 24th	Friday June 25th
○ ○ ○	○ ○	Daily Bread Selection.		● Garden Salad ○ ○ ○
◆ Beetroot Salad ● Cucumber Salad ○ Potato Soup * * * * ★ Grilled Sausages with Onion Sauce ★ Shrimp Fried Rice with Curry  ◆ Zucchini ○ Mashed Potatoes * * * *  Fried Rice with Vegetables (Vegetarian)	◆ Corn Salad ● Fruit Salad ☆ Cream of Pumpkin Soup * * * * ★ Chicken & Cheese Pizza ★ Pork & Potatoes Pie  ◆ Cauliflower ○ Roasted Potatoes/Steamed Rice * * * *  Cheese Pizza (Vegetarian)	◆ Vegetables Salad ★ Egg Salad ◆ Minestrone * * * * ★ Buttered Chicken Breast ★ Grilled Meatloaf  ◆ Mixed Vegetables ○ Garlic Rice * * * *  Tomato Omelet (Vegetarian)	Eurest Wish You A Happy Holiday!	
● ● ● ● ● Daily Choice of Fruit Basket or Desert ● ● ● ● ●				
☆ Banana Cake	☆ Apple Pie	☆ Egg Tart		
<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 <a href="mailto:eurest@staff.nanjing-school.com">eurest@staff.nanjing-school.com</a> for details*</p>				