



Menu for Week beginning Monday August 9th, 2010
Nutritional information key:



★Protein





☆Milk product(Calcium)

○Starch

◆Cooked Fruit or Vegetables

●Raw Fruit or Vegetables

 Vegetarian

Monday August 9th	Tuesday August 10th	Wednesday August 11th	Thursday August 12th	Friday August 13th
○ ○ ○	○ ○	○ ○	○ ○	○ ○ ○
Daily Bread Selection.				
● Garden Salad				
Lunch for Staff	Lunch for Staff	◆Peas Salad ★Tofu Salad ◆Mixed Vegetables Soup * * * * ★Macaroni with Bacon & Cheese ★Beef & Pork Hamburger Steak ◆Carrot ○Garlic Rice * * * *  Vegetables Taco (Vegetarian)	● Tomato Salad ● Carrot Salad ☆Onion Soup * * * * ★Kimichi Fried Rice ★Hot Dog ◆Zucchini ○Dilled Potatoes * * * *  Eggplant Parmigiana (Vegetarian)	◆Bok Choy Salad ◆Corn Salad ○Fresh Tomato Soup * * * * ★Garlic Chicken Breast ★Sweet & Sour Pork ◆Cauliflower ○Steamed Rice * * * *  Tomato Pizza (Vegetarian)
● ● ● ● ● Daily Choice of Fruit Basket or Desert ● ● ● ● ●				
		☆Jelly	☆Raisin Rolls	☆Apple Strudel
<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 eurest@staff.nanjing-school.com for details*</p>				