

Rotating Snack and Lunch Menu

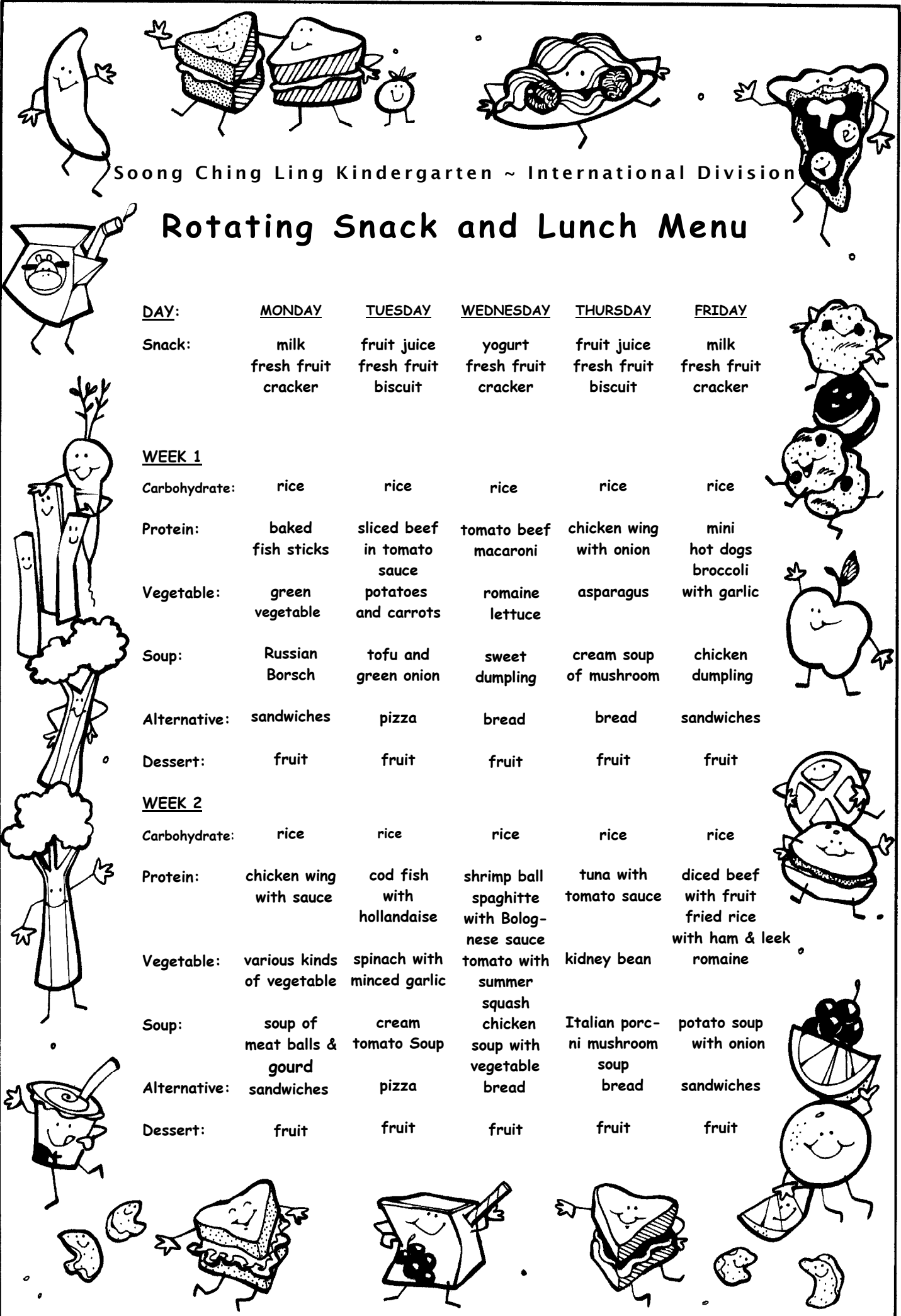
DAY:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack:	milk fresh fruit cracker	fruit juice fresh fruit biscuit	yogurt fresh fruit cracker	fruit juice fresh fruit biscuit	milk fresh fruit cracker

WEEK 1

Carbohydrate:	rice	rice	rice	rice	rice
Protein:	baked fish sticks	sliced beef in tomato sauce	tomato beef macaroni	chicken wing with onion	mini hot dogs broccoli with garlic
Vegetable:	green vegetable	potatoes and carrots	romaine lettuce	asparagus	
Soup:	Russian Borsch	tofu and green onion	sweet dumpling	cream soup of mushroom	chicken dumpling
Alternative:	sandwiches	pizza	bread	bread	sandwiches
Dessert:	fruit	fruit	fruit	fruit	fruit

WEEK 2

Carbohydrate:	rice	rice	rice	rice	rice
Protein:	chicken wing with sauce	cod fish with hollandaise	shrimp ball spaghitte with Bolog- nese sauce	tuna with tomato sauce	diced beef with fruit fried rice with ham & leek romaine
Vegetable:	various kinds of vegetable	spinach with minced garlic	tomato with summer squash	kidney bean	
Soup:	soup of meat balls & gourd	cream tomato Soup	chicken soup with vegetable	Italian porc- ni mushroom soup	potato soup with onion
Alternative:	sandwiches	pizza	bread	bread	sandwiches
Dessert:	fruit	fruit	fruit	fruit	fruit



Soong Ching Ling Kindergarten ~ International Division

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WEEK 3

Carbohydrate:	rice	rice	rice	rice	rice
Protein:	beef with mushroom	pan seared salmon with beurre blanc	fried eggs with onion & tomato	cod fish fillet with straw- berry sauce	roasted diced pork
Vegetable:	cabbage with tomato sauce	eggplant with sauce	carrot & summer squash	celery with lily and corn	green vegetable
Soup:	bean curd soup with eggs	corn & bean sprouts soup	meat soup with yam	bacon soup with vegetables	chicken soup with mushrooms
Alternative:	sandwiches	pizza	bread	bread	sandwiches
Dessert:	fruit	fruit	fruit	fruit	fruit

WEEK 4

Carbohydrate:	rice	rice	rice	rice	rice
Protein:	prawns	chicken wing stew	sliced fish in tomato sauce	chicken with cashew nuts	pork chops
Vegetable:	baby tomatoes	green beans	green peas	bean sprouts	cauliflower & carrot
Soup:	cream of corn	Russian Borsch	French onion	vegetable dumplings	chicken noodle
Alternative:	sandwiches	pizza	bread	bread	sandwiches
Dessert:	fruit	fruit	fruit	fruit	fruit

