

Remark: Please circle the option you require each day!



Taihu International School

Monthly Menu



	Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10
Soup	Hot & sour soup	Carrot soup	Seaweed soup	Corn soup	Tomato soup
Option A	Korean style spicy stir-fried chicken Kelp, Rice	Kung Bao Chicken Cabbage, Rice	Sauteed shredded pork with sweet bean sauce Green vegetables, Rice	Stir-fried fish with corn Spinach, Rice	Hungarian pork Cauliflower, Rice
Option B	Baked pasta with salami Broccoli	Beef Quesadilla Celery, Rice	Chicken burger Corn, Chips	Shanghai style fried pork steak Carrot, Rice	Orange honey roasted duck Zucchini, Boiled potato
Dessert	Swiss roll	Ice cream	Cup cake	K.S.L. cake	Golden Sponge Cake
	3/13	3/14	3/15	3/16	3/17
Soup	Tofu soup	Onion soup	Meatball Chinese cabbage soup	Pumpkin soup	Seaweed soup
Option A	Anton stewed chicken Kelp, Rice	Braise pork steak with tomato Celery, Rice	Fried rice with preserved pork Spinach	Stir-fried duck with satay sauce Green vegetables, Rice	Steamed egg with fish Cauliflower, Rice
Option B	Baked toast with bacon & Mushroom Corn	Western style pancakes Zucchini, Roast potato	Honey-stewed BBQ pork Broccoli, Rice	Fried pork fillet with sesame Pumpkin, Cream potato	Pasta with bacon Broccoli
Dessert	K.S.L. cake	Swiss roll	Ice cream	Golden Sponge Cake	Cup cake
	3/20	3/21	3/22	3/23	3/24
Soup	Wax gourd soup	Mushroom soup	Tomato soup	Carrot soup	Cabbage soup
Option A	Sauteed pork with mushroom Green vegetables, Rice	Steamed tofu with minced pork Spinach, Rice	Chicken meatball with shii-take Chinese cabbage, Rice	French crispy fried duck Cauliflower, Rice	Korean Omurice Kelp
Option B	Roasted chicken drumsticks with rosemary Celery, Rice	Pan-fried fish patty with vegetables Carrot, Rice	Curry pork Zucchini, Potato lyonnaise	Thai style stir-fried rice noodle Broccoli	Chicken steak with teriyaki sauce Corn, Jacket potato
Dessert	Golden Sponge Cake	K.S.L. cake	Swiss roll	Ice cream	Cup cake
	3/27	3/28	3/29	3/30	3/31
Soup	Seaweed soup	Pumpkin soup	Queen Victoria's Brown Windsor Soup	Corn soup	Tomato soup
Option A	Braised pork with radish Bean sprouts, Rice	Scrambled eggs with bacon & potato Green vegetables, Rice	Parslied mushroom patties Celery, Rice	Stewed chicken with tomato & mushroom Spinach, Rice	Japanese style chicken fillet Cauliflower, Rice
Option B	Pan-fried chicken with lemon juice Corn, Mashed potato	Pork bolognaise, spaghetti Carrot	British fish with green peas puree Broccoli, Chips	Roasted pork with black pepper Pumpkin, Rice	Cheese Pizza Zucchini
Dessert	Swiss roll	Golden Sponge Cake	Cup cake	Ice cream	K.S.L. cake

great people
great service
great results

Nutritional reading over the whole month: **Red Meat 12%** **Fish 5%** **Vegetables 45%**
 White Meat 11% **Starch 27%** **Deep Fried 5%**

EY2 & EY3 & EY4 :
 Dessert, fruit and drink are served at 10:30am in the classroom.
 Please Indicate if you require bread, soup, salad everyday

KG and above:
 Choice of a drink (Juice or water, milk, yogurt), dessert
Free Flow of Bread and Salad included